

# ACTIVE AT HOME

## **30 Minute Boot Camp #1**

**No Equipment Needed; Bodyweight Workout**

**Warm Up: 3-5 Minutes**

Move around your house; go up and down stairs & run around

### **Complete 4-8 rounds**

30 sec each exercise

rest 30 seconds between rounds

- Switch jump lunges (per leg)
- Burpees or jumping jacks
- 2 pulse jump squat
- Power knee repeater 30 sec per leg
- Line Runs
- Inchworm with push-up
- Mountain climbers

### **CORE**

Accumulate 5 min plank

alternating front plank, side plank, push up plank, forearm plank as needed

**Cool Down: 30 Sec per side**

Calf stretch: Heel to floor, toe up on wall, lean into wall

Quad stretch: Cradle foot in same side hand, press hips forward, hold wall for balance

Hamstring Stretch: Forward fold, keep slight knee bend

Arm Stretch: Bring one arm across chest, press into extended forearm with opposite hand

Shoulder/Chest stretch: Clasp hands behind back or reach behind back and press down/away from body

Child's Pose: Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms

Breathe: Deep inhales & deep exhales

**Remember to always exercise within your means. Modify or take breaks as needed!**

