

Red Deer:

ACTIVE AT HOME

TRIPLE PLAY #3 (60MIN)

EQUIPMENT: 2 Weights or cans or household items, 1 bench/step, mat

Warm Up 5min: Cardio around your house/stairs

Cardio Set 1: Round 1x45sec, Round 2x30sec, Round 3x15sec with 15 sec rest between each exercise

Jumping Jacks

Flutter Kicks Squat

High Knees

Strength Set 1: Round 1x16reps, Round 2x8reps, Round 3x4reps with 15 sec rest between each exercise

Heavy hinged row

Lat Pull: Pull weights to chest, push straight out, lower

Wall sit bicep curl: wall sit hold, curl biceps on way up

Cardio Set 2: Round 1x45sec, Round 2x30sec, Round 3x15sec with 15 sec rest between each exercise

Plyo Curtsy

Jump Squat on bench

Knee Up Rotations or bench knee up

Strength Set 2: Round 1x16reps, Round 2x8reps, Round 3x4reps with 15 sec rest between each exercise

Squat Bicep Curl into overhead press

Deadlift fly option to reverse leg lift

Squat Row into Tricep Extension

Cardio Set 3: Round 1x45sec, Round 2x30sec, Round 3x15sec with 15 sec rest between each exercise

Bench hop over, line hops

Switchfoot reverse lunge

Toe taps to squat

Strength Set 3: Round 1x45sec, Round 2x30sec, Round 3x15sec with 15 sec rest between each exercise

Curtsy + Reverse Lunge

Calf Raise + Lateral Raise

Row + Lunge Drop

Cardio Set 3: Round 1x45sec, Round 2x30sec, Round 3x15sec with 15 sec rest between each exercise

Bench Straddle

Double shuffle, hoop shot

Mountain Climber

Strength Set 4: Round 1x16reps, Round 2x8reps, Round 3x4reps with 15 sec rest between each exercise

Beach Push Up: 1 leg from knees

Tricep Dips on bench

Plank weight row

Strength Set 5 Glutes: Single exercises for 16 reps

Hip bridge: weights on hips

Weighted Donkey Kick

Crab alternating leg lift, lower

Strength Set 6 Core: Single exercises for 30 sec

V-sit reach & pulse

Side Plank Oblique reach

Oblique Crunch

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 if needed*)

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 & Breathe (*deep inhales, deep exhales*)



GREAT WORKOUT!

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

