

# ACTIVE AT HOME

## 30 Minute Upper Body Blast #1

Equipment: dumbbells/soup cans or other household item

### **Warm Up: 3-5 Minutes**

Move around your house; go up and down stairs, run around your kitchen!

### **Complete 1 minute of each exercise for 2-3 rounds**

#### **Circuit 1:**

Hinged Row

(Feet hip width apart, hinge at hips, flat back, slight knee bend, straighten arms toward floor, row weights toward chest, elbows up)

Lateral raise

(Feet hip width apart, slight knee bend, holding weight in each hand at sides, lift arms to shoulder height, slight bend in arm... lift alternating arms or at the same time)

Push-ups

(Option to keep knees on floor)

Plank

Bicep curl to overhead press

(Feet hip width apart, slight knee bend, holding weight in each hand, wrists facing front, bicep curl to shoulder height, turn wrists from shoulder to fronts, lift weights overhead)

#### **Circuit 2:**

Lying pull overs (Lats)

(Lay on back, bend knees, Feet hip width apart on floor, holding 1 weight in hands, extend arms overhead, slight bend in arms, lift weights overhead)

Chest press

(Lay on back, bend knees, Feet hip width apart on floor, holding 1 weight in each hand horizontally above shoulders, extend arms to straighten)

Fly

(Lay on back, bend knees, Feet hip width apart on floor, holding 1 weight in each hand overhead, fly arms to the side/laterally, slight bend in arm)

Front raises

(Lay on back, bend knees, Feet hip width apart on floor, holding 1 weight in each hand facing down toward floor, lift arm from floor hover to straight up, slight bend in arm)

Scissor Kicks

(Lay on back, lift one leg at a time while the other lowers, scissor legs, option to have knee bend)

### **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:

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, GREAT WORKOUT!

