

ACTIVE AT HOME

45 Minute Tone It Up #1

EQUIPMENT: Weights or cans or household items. Optional: Exercise Ball

Warm Up: 3-5 Minutes

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

Lower Body:

- 12 Squats + 12 Squat Pulses
- 12 Alternating Forward Lunges
- 12 Alternating Back Lunges
- 12 Single Leg Split Squats
- 12 Deadlifts + 8 Single Leg Deadlifts
- 12 Alternating Side Lunges
- 12 Alternating Curtsy Lunges
- 12 Single Leg Split Squats
- 12 Plie Squats + Plie Squat Hold with 12 Alternating Heel Raises

Upper Body Add On:

- Round 1: 12 Push Ups
- Round 2: 12 Push Ups, 12 Bent Over Rows
- Round 3: 12 Push Ups, 12 Bent Over Rows, 12 Shoulder Press
- Round 4: 12 Push Ups, 12 Bent Over Rows, 12 Shoulder Press, 12 Bicep Curls
- Round 5: 12 Push Ups, 12 Bent Over Rows, 12 Shoulder Press, 12 Bicep Curls, 12 Tricep Overhead Extensions

Core:

- 15 Ab Crunches
- 20 Bicycle Crunches
- 15 Sit Ups

Repeat Lower Body Exercises Above

Upper Body Add On:

- Round 1: 12 Tricep Dips (off floor or edge of bench/stairs)
- Round 2: 12 Tricep Dips, 12 Hammer Curls
- Round 3: 12 Tricep Dips, 12 Hammer Curls, 12 Upright Rows
- Round 4: 12 Tricep Dips, 12 Hammer Curls, 12 Upright Row, 12 Back Flys
- Round 5: 12 Tricep Dips, 12 Hammer Curls, 12 Upright Row, 12 Back Flys, 12 Chest Press

Core:

- 30 sec Plank (option on exercise ball)
- 15 Ball Ab Crunch (option on exercise ball)
- 20 Ball Oblique Crunch (option on exercise ball)
- 15 Hand to Feet Ball Pass (option with exercise ball or other small, soft household item that you can hold between your feet)
- 20 Reverse Crunch
- 15 Lying Straight Leg Lowerers (try single leg to decrease pressure on low back)
- 10 Lying Supermans
- 60 sec Plank (option on exercise ball)

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 exhailes

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

