

ACTIVE AT HOME

45 MINUTE TRIPLE PLAY #1

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

WARM UP: 1-3 Minutes Move around your house; go up and down stairs, run around your kitchen!

Cardio: 2 Rounds, Round 1: 40 sec, Round 2: 20 sec

- High Knees
- Lateral Hops
- Cross Country Skis
- Mountain Climbers
- Burpees
- Plank Jacks
- Hamstring Curls (butt kicks)
- Jumping Jacks
- Fast Feet
- Speed Skaters

Strength Training:

- 12 Squats with Thigh Squeeze (*place small ball between legs, squeeze as you squat up and down*)
- 12 Split Squats with Trunk Rotation
- 12 Squat with Front Kick
- 12 Alternating Reverse Lunges with knee raise
- 15 Chest Press (lie on floor or exercise ball)
- 15 Chest Fly (lie on floor or exercise ball)
- 15 Lying Tricep Extension (lie on floor or exercise ball)
- 15 Shoulder Press
- 15 Ab Crunch (option on exercise ball)
- 15 Push Up
- 15 Tricep Kickback

- 12 Squats with Overhead Reach
- 12 Split Squat with Trunk Rotation
- 12 Squats with Lateral(side) Kick
- 12 Alternating Reverse Lunges with knee raise
- 15 Bent Over Wide Grip Rows
- 15 Back Flies
- 15 Bicep Curl
- 15 Shoulder Press
- 15 Ab Crunch (option on exercise ball)
- 15 Hammer Curls

Core:

- 30-60 sec. Plank
- 20-45 sec. Side Plank (each side)
- 5-10 Bird Dogs (each side)
- 5-10 Supermans
- 8-12 Dead Bugs
- 12-20 Bicycle Crunches
- 8-15 V-Sit Crunches
- 8-12 V-Sit Twists (each side)
- 30-60 sec V-Sit Hold
- 8-12 Sit Ups (option weighted)

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!

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

