

# ACTIVE AT HOME

## 30 Minute Mix N Match Workout

**Equipment:** Bodyweight OR 2 weights/cans or household items (optional)

**Warm Up:** 3-5 Minutes

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

**\*Complete 1 minute of LOWER BODY & UPPER BODY (15 Reps) in each block.**

**\*Do block one and repeat. Then move onto block 2 – 5 with the same format.**

### **BLOCK 1**

**LOWER BODY: Jump squats** – Jump or step onto the bench/stool or bottom stair. Repeat for 1 minute.

**UPPER BODY: Tricep kick backs or overhead Press** (15 reps each arm)

(No weights? - Do dips off of a chair, sturdy stool or the couch.)

### **BLOCK 2**

**LOWER BODY: Curtsey lunges - Gliding Discs:** Alternate sliding curtsey lunge. \*\*(use a towel or paper towel if you are on hard wood. Use paper plates or a Frisbee if you are on carpet.

**UPPER BODY: Bicep curls** - Using weights, soup cans or water bottles (whatever you have handy).

### **BLOCK 3**

**LOWER BODY: Outer Thigh lifts: Alternate lateral leg lift.** Add a thera band or fitness band to increase intensity. 1 minute

**UPPER BODY: Shoulder Press** – Straight up and toward midline of the body. Arms should finish slightly in front of your head. Bring weights towards each other but do not bang them together.

### **BLOCK 4**

**LOWER BODY: Front Lunges:** Alternate R/L legs. 1 minute

**UPPER BODY: Back Fly** - with weights, soup cans or water bottles. 15 reps

### **BLOCK 5**

**LOWER BODY: Quick feet** - Alternate R/L toe taps on a bench, stool, pillow or bottom stair. You can move quickly (hopping) through this or step through it

**UPPER BODY: Chest Fly** - with weights, soup cans or water bottles.

**Finish with 3 X 15 push-ups, and 3 X 15 sit ups**

**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

**GREAT WORKOUT!**



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