

ACTIVE AT HOME

30 Minute Triple Play #2

Equipment: 2 Weights, Mat, Step/Bench

Warm Up: 3-5 Minutes

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

CARDIO: 50:10 5 exercises 2x

1. S jumps (hands on ground or step, kick heels up to bum as you move side to side) or high kicks over object
2. 4 fast feet (over step optional) à burpee or 2 back lunges
3. 4 toe taps/skips, 2 jacks or star jumps
4. 4 Mountain climbers 2 plank jacks or just high knees
5. Prisoner get ups (squat à sit on floor, roll back, roll forward and 'pop' back up to a stand, using your hands as needed) or squat to sit jump up from stair

WEIGHTS: 50:10 5 exercises 2x

1. Sumo squat à upright row
2. Push up à toe touch
3. Hammer curl à OH press
4. Lunge à tricep kickback (R leg round 1, L leg round 2)
5. 2 2-arm rows à 1 back flye

CORE: 50:10 5 exercises 2x

1. ½ turkish get up R
2. ½ Turkish get up L
3. Leg Drop
4. Russian twist
5. Plank

Repeat to make this a 60 min workout!

Stretch

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

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

