

ACTIVE AT HOME

TONE IT UP #2

EQUIPMENT: Weights or cans or household items

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

WORKOUT:

12 Push Ups
12 Tricep Overhead Extensions
12 Forward Lunges
12 Deadlifts
12 Bent Over Rows
12 Bicep Curls
12 Squats
12 Side Squats

12 Curtsy Lunges with alternating side leg lifts
12 Squats with alternating front kicks
12 Back Lunges with alternating knee ups
12 Squats with alternating side kicks

3 sets: 1/12, 1/10, 1/8

Bent Over Rows
Back Flys
Bicep Curls
Hammer Curls

10 Push Ups
10 Tricep Overhead Extensions
10 Forward Lunges
10 Deadlifts
10 Bent Over Rows
10 Bicep Curls
10 Squats
10 Side Squats

10 Curtsy Lunges with alternating side leg lifts
10 Squats with alternating front kicks
10 Back Lunges with alternating knee ups
10 Squats with alternating side kicks

3 sets: 1/12, 1/10, 1/8

Shoulder Press
Upright Row
Tricep Kickback
Tricep Extension

8 Push Ups
8 Tricep Overhead Extensions
8 Forward Lunges
8 Deadlifts
8 Bent Over Rows
8 Bicep Curls
8 Squats
8 Side Squats

8 Curtsy Lunges with alternating side leg lifts
8 Squats with alternating front kicks
8 Back Lunges with alternating knee ups
8 Squats with alternating side kicks

3 sets: 1/12, 1/10, 1/8

Chest Press
Chest Flys
Sit Ups
Bicycle Crunches

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!

