

EXERCISE PROGRAMS



Home Workout



Home Workout with Household Items

Introduction

This home routine is created for women and men to workout while they are at home. It incorporates the use of household items to imitate weights to create a resistance and increase the demands of the exercise.

This routine is a short, concise workout that targets all parts of the body and can be included easily into a daily routine.

Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking throughout the session.
- ▶ Advise your client that a carb and protein focused meal is a great post-workout food to help promote muscle growth, i.e. chicken and brown rice.
- ▶ Rest between sets should start at about 45 seconds and can get down to 30 second as the client progresses.
- ▶ Ensure your client is aware of the possible hazards that may present when using household items.
- ▶ Correct technique is crucial, make sure you client is aware of the correct methods to complete each exercise.

Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Star Jumps

- Stand, feet close together, arms by side
- Commence star jump action
- Clap hands above head as jump legs apart
- Ground contact on balls of feet



Complete 3 sets of 25 repetitions. Rest 30-45s between sets.

Squat - Body Weight

- Stand feet wider than hip width apart
- Arms in front of body
- Push knees forward over toes & sit backward until top of thigh is parallel to floor
- Ascend by driving hips forward & shoulders towards the roof
- Feet stay flat & lower back maintains normal curvature throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lateral Lunge

- Stand with feet wide apart, toes pointing forward
- Sit to one side by bending one leg & keeping the other straight
- Descend until top of thigh is parallel to floor
- Keep heels flat on floor, rotate hips if necessary



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Butt Kicks

- Running action, move forward slowly
- Hands placed on buttocks, palms facing outwards
- Emphasise heel lift, ankles touch hands
- Minimise knee lift
- Ground contact on balls of feet
- Vary stride rate & ground contact time
- Complete over 15-20 metres

Repeat 3-6 times. Rest 60s between repetitions.

Abdominal Crunch - Feet Flat

- Lie face up
- Knees bent, feet on the floor, hands on thighs
- Crunch forward, slide fingers to knees
- Return shoulders to floor



Complete 2 sets of 15-25 repetitions. Rest 45s between sets.

Abdominal Crunch - Knees Up

- Lie face up, feet off the floor
- Knees above hips, hands on ears
- Keep legs still, crunch forward
- Touch elbows on thighs
- Return shoulders to floor



Complete 2 sets of 15-25 repetitions. Rest 45s between sets.

Elbow to Knee Crunch - Alternate Leg Extensions

- Lie face up, hands behind low area of neck
- Bend knees to 90 degrees, feet off floor
- Curl up through the mid section & touch opposite elbow & knee
- At the same time extend the other leg
- Maintain the curl up position & repeat action on other side



Complete 2 sets of 10-15 repetitions. Rest 30s between sets.

Hip Extension - Kneeling - Straight Leg

- Kneel hands on floor
- Maintain static position
- Slowly extend one leg, pause
- Bring knee back to floor, repeat



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

Hip Extension - Kneeling - Bent Knee

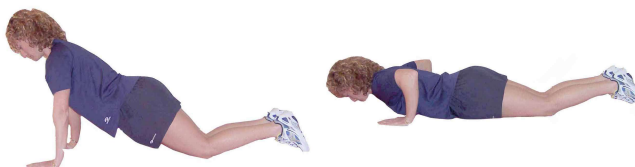
- Kneel with hands on the floor
- Slowly press one foot upward towards ceiling
- Keep knee bent throughout
- Maintain stable posture
- Lower leg back to the floor & repeat



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

Push Up - Kneeling

- Supported on hands & knees, body straight
- Lower chest towards floor
- Push up slowly
- Repeat as directed



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Back Extension - Lying

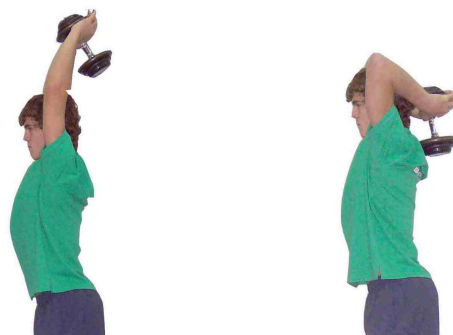
- Lie face down, arms tucked by side
- Lift head off floor, retract shoulder blades
- Extend torso, pause in extension
- Relax back to floor



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

Triceps Extension - Overhead - Weighted Object

- Stand with single item of choice and weight held in both hands overhead
- Fix upper arms in position near ear
- Slowly flex & extend the elbow



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Side Plank - Star Position

- Start in side plank position on forearm & foot
- Lift the top leg until feet are shoulder width
- Hold position
- Maintain neutral spine position



Hold for 20-40 seconds. Repeat 2-4 times.

Star Jumps

- Stand, feet close together, arms by side
- Commence star jump action
- Clap hands above head as jump legs apart
- Ground contact on balls of feet



Complete 2-4 sets of 10-20 repetitions. Rest 60s between sets.

Calf Stretch - Lunge to Wall

- Split stance, hands on wall
- Keep back foot flat & leg straight
- Lower chest toward wall
- Move back foot backward to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.

Hamstring Stretch - Standing

- Stand
 - Raise one leg onto box or bench
 - Hips pointed towards elevated foot
- Upright posture, lean forward over elevated leg



Hold for 20-40 seconds. Repeat 1-3 times.

Hip Flexor - Quadriceps Stretch - Kneeling

- Kneel in lunge position
- Reach behind & grasp ankle
- Pull ankle toward buttock
- Ensure torso is in an upright position
- Hold something for support if necessary
- Contract abdominals and buttocks to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.