



Working Out at Home

With gyms closed and lots of time spent looking at the computer screen, phone and any other electronic devices, it is time to get active and make sure we are exercising our bodies as well as our minds. While we may not all have access in our homes to the fitness materials found at school, look around the house and you can find all sorts of substitutes that will work (e.g., a chair, a step stool, and soup cans or books as weights).

Body weight exercises can be beneficial in keeping you toned and in shape and can be done in the privacy of your home. Remember to include some aerobic exercises (walking and running) in your routine as well. Always remember to stretch before you engage in any fitness activity.

We encourage you to follow the workout schedule below and check out the links to simple exercises that were submitted by students and faculty. These are meant to be quick, easy workouts to get the blood flowing and relax the mind. The more experienced you feel you are, the more you can add.

Classic body weight exercises include:

- 1. Crunches**
- 2. Pushups**
- 3. Planks**
- 4. Squats**
- 5. Lunges**
- 6. Burpees**
- 7. Wall Sits**
- 8. Jumping Jacks**

Day 1: Getting Started

15-minute aerobic activity: walk, run, treadmill, stair climber, etc.

Squats: 20 reps – 20 second rest – repeat 3 times

Pushups: 10 reps – 20 second rest – repeat 3 times

Lunges: 10 reps each leg – 20 second rest – repeat 3 times

Planks: 30 seconds – repeat 4 times

Jumping Jacks: 25 reps – repeat 4 times

Crunches: 15 reps – repeat 3 times

Day 2: Work the Legs

15-minute aerobic activity: walk, run, treadmill, stair climber, etc.

Calf Raises: toes on steps or against the wall – 20 reps – repeat 2 times

Side Lunges: 10 reps each leg – 20 second rest – repeat 3 times

Squats: 20 reps – 20 second rest – repeat 3 times

High Knee Toe Taps: using a chair or couch – alternating toes, touch the toe to the chair
10 reps each foot – repeat 3 times

Pistol Squats: legs together – squat and raise one leg off the ground in front
15 reps per leg – repeat 3 times

Wall Sits: lean against the wall in a seated position
hold for 25 seconds – repeat 5 times

Day 3: Work the Core

15-minute aerobic activity: walk, run, treadmill, stair climber, etc.

Bridges: lie on your back, knees up and feet together – lift your hips off the ground while keeping your shoulders on the floor – 25 reps – 20 second rest – repeat 3 times

Crunches: 15 reps – 20 second rest – repeat 3 times

Planks: 30 seconds – repeat 4 times

Bird Dogs: on your knees and hands, extend one leg straight back and opposite arm straight forward and pause at the extension
20 reps each leg and arm – 20 second rest – repeat 3 times

Mountain Climbers: on your toes and hands, alternate bringing your knees to your chest
20 reps per each leg – 20 second rest – repeat 3 times

Day 4: Work the Upper Body

15-minute aerobic activity: walk, run, treadmill, stair climber, etc.

Pushups: on floor or incline on stairs – 15 to 20 reps – 20 second rest – repeat 3 times

Triceps Dips: heels on floor, hands on couch, chair, or steps
15 to 20 reps – 30 second rest – repeat 3 times

Burpees: 15 to 20 reps – 30 second rest – repeat 3 times

Superman Holds: lie on floor, arms straight out to the sides, lift arms, legs, and chest off the ground at the same time and hold at top – 15 reps – 30 second rest – repeat 3 times

Shoulder Raises: dumbbells, books, or anything you can hold in your hand
raise arms straight out to the sides to shoulder level, alternate with raising arms directly in front of you – 10 to 15 reps – 30 second rest – repeat 3 times

Day 5: Work the Arms

15-minute aerobic activity: walk, run, treadmill, stair climber, etc.

Triceps Dips: 15 to 20 reps – 30 second rest – repeat 3 times

Arm Curls: hold an object in your hand – 15 to 20 reps – 30 second rest – repeat 3 times

Pushups: 10 reps – 20 second rest – repeat 3 times

Star Reacher: start in push up position, reach one arm forward and hold for 10 seconds
alternate arms – 10 to 15 each arm – rest 30 seconds – repeat 3 times

Supplemental Resources

Everyone should make some time to exercise and relieve stress. Mix and match the above weekly workout plan to what suits you best. Additionally, here are some websites that you can use to supplement your workouts.

Nike Training Club: submitted by Lily McKee

Fitwirr: submitted by Mrs. Underwood

Nerd Fitness | **Ace Fitness**

Map My Run | **Health Line Core**

Well and Good