**Home Workout 101 by Darin Smith (dsmith@highline.edu)**

**Minimum physical activity recommendations:**

**Cardio:** Try to get 5 days/week of 30 minutes of moderate intensity activity or 3 days/week of 20 minutes of vigorous intensity activity.

**Resistance (strength) training:** Try for 2 days/week of at least one set of 8-10 exercises that work the major muscle groups.

**Stretching:** Try for 2-3 days/week of 10-20 minutes of exercises that stretch major muscle groups (preferably after a workout or short warm up).

**General activity:** Avoid long periods of sedentary (sitting/lying down) activity. Try to break up every hour of sitting with around 5 minutes of stretching or light activity. Try to seek out additional opportunities to be active daily in your hobbies, recreational pursuits, and chores (e.g. go for nature walks, join virtual exercise classes, do yardwork, walk up and down stairs, clean the house).

**Warmups: (5-10 minutes of light cardio and dynamic stretches) – try to start any workout with a warmup!**

[Jumping jacks (variations)](https://www.youtube.com/watch?v=E1MLfbD5i8A)

Jump rope

[Run in place](https://www.youtube.com/watch?v=JZ1T3z3K-5M) (variations)

Cross punches, elbows, uppercuts

[Sock drills](https://www.youtube.com/watch?v=gggrFYpQ3ig) (side to side hop, forward/backward hop. in/out hops, in/in/out/out step, 3 step shuffle)

Dynamic stretches ([inchworms](https://www.youtube.com/watch?v=VSp0z7Mp5IU), knee/knee/toe touches, [stepovers](https://www.youtube.com/watch?v=CCCf16SGn-A))

**Resistance Training Exercises – There are links below with videos for each exercise.**

**Chest:**

**Pushups:**

Proper form – like a moving plank, spine straight head to heels, abs tight, butt squeezed and in line with the rest, eyes straight down, elbows at sides or in arrow, toes slightly forward to heels, hands firmly placed on ground.

* [Incline pushups with table, bench, or chair](https://www.youtube.com/watch?v=bXsbK9UPu3c) (lower as you get better, avoid bent-knee pushups)
* [Standard (chest down to about 1-2’ off floor)](https://www.youtube.com/watch?v=IODxDxX7oi4)
* [Standard with 3-5 second slow eccentric lowering](https://www.youtube.com/watch?v=UhJnK7qDbfo)
* [Standard with one leg off ground](https://www.youtube.com/watch?v=Vzlfas-sBVU)
* [Climber pushups](https://www.youtube.com/watch?v=tZWiyVHuhmY)
* Advanced variations: [T-pushups](https://www.youtube.com/watch?v=vKaLCCNxMho), [Hindu pushups](https://www.youtube.com/watch?v=nBLy1IGtSJ8), [Spiderman pushups](https://www.youtube.com/watch?v=fKBeHALPsSU&t=102s), [Clapping pushups](https://www.youtube.com/watch?v=FRo3b_Pfw3M)

**Legs:**

**Squats:**

Proper form - head forward, back straight, butt out, knees not past toes, pushing through heels, feet shoulder width apart, toes slightly angled out.

* [Bench/chair squat](https://www.youtube.com/watch?v=7SlRu9WtUOY)
* [Bodyweight squat](https://www.youtube.com/watch?v=Zqc_lc93hak)
* [Prisoner squat](https://www.youtube.com/watch?v=cpHY0nqApxg)
* [Single leg bench squat](https://www.youtube.com/watch?v=DaF1Qpr1y38)
* [Goblet squat (dumbbell or kettlebell)](https://www.youtube.com/watch?v=gCESNsDsbqk)

**Lunges:**

* [Basic lunge](https://www.youtube.com/watch?v=UpyDdQjBTa0)
* [Reverse lunge](https://www.youtube.com/watch?v=-Q_2HR5OhEY)
* [Lunge pulses](https://www.youtube.com/watch?v=YCX2HGd0nLQ)
* [Step through lunge](https://www.youtube.com/watch?v=YGKPqumT6Fo)
* [Jump lunges](https://www.youtube.com/watch?v=Kw4QpPfX-cU)

**Step-ups:**

* [Basic step-up](https://www.youtube.com/watch?v=dQqApCGd5Ss) (single leg or alternating legs)
* [Step-ups with reverse lunge](https://www.youtube.com/watch?v=kgRZI6o8fBQ)
* [Step-ups with jump](https://www.youtube.com/watch?v=U8ID-a2ZJ5Q)

**Glute-bridges:**

* [Double leg glute-bridge](https://www.youtube.com/watch?v=wPM8icPu6H8)
* [Single leg glute-bridge](https://www.youtube.com/watch?v=Y-6Gonx2Wpo)

**Back:**

* [Pullups](https://www.youtube.com/watch?v=eGo4IYlbE5g)/[chin-ups](https://www.youtube.com/watch?v=b-ztMQpj8yc)
* [Flexed arm hang](https://www.youtube.com/watch?v=5_3FJqujbx4)
* [Resistance band rows](https://www.youtube.com/watch?v=5gMOQKL-SLM)
* [Unilateral doorway row](https://www.youtube.com/watch?v=JXMA484O4-Y)
* [Prone towel pullups (on floor)](https://www.youtube.com/watch?v=CKu7afB8o0s)
* [Back extensions](https://www.youtube.com/watch?v=DDJtB8Zgyow)
* [Supermans with hold](https://www.youtube.com/watch?v=cc6UVRS7PW4)
* [Angels and Devils](https://www.youtube.com/watch?v=cZMV5UVN2Ks)

**Abs:**

* [Proper sit-up](https://www.youtube.com/watch?v=jDwoBqPH0jk) (don’t pull head forward, keep butt on ground, don’t rock back and forth) – add punches for fun
* [Crunches](https://www.youtube.com/watch?v=_M2Etme-tfE)
* [Rowing the boat](https://www.youtube.com/watch?v=DNP3ARhrhBs)
* [Alternating V-ups](https://www.youtube.com/watch?v=u8lo0lGPC6k)
* [Leg raises](https://www.youtube.com/watch?v=u8lo0lGPC6k)
* [Leg scissors](https://www.youtube.com/watch?v=ap4DqnKmrqc)

**Arms:**

**Triceps:**

* [Bench dips](https://www.youtube.com/watch?v=jdFzYGmvDyg)
* [Diamond pushups](https://www.youtube.com/watch?v=hfIQ5V4Tcgo)
* [Resistance band overhead extensions](https://www.youtube.com/watch?v=a5rUdCeTtSE)

**Biceps:**

* [Resistance band curls](https://www.youtube.com/watch?v=pXS-fSPWpk8)
* [Chin-ups](https://www.youtube.com/watch?v=b-ztMQpj8yc)

**Shoulders:**

* [Resistance band lateral raises](https://www.youtube.com/watch?v=WOJIrYjS5c4) or [overhead presses](file:///G:\Highline\Articles%20and%20Presentations\resistance%20band%20shoulder%20press)

**High-intensity exercises:**

* [Squat-thrusts](https://www.youtube.com/watch?v=fysU2ldlXSY)
* [Burpees](https://www.youtube.com/watch?v=E-Oc0zjeqWo)
* [Rolling squats](https://www.youtube.com/watch?v=5XcJ4KS2hhI)
* [Mountain climbers](https://www.youtube.com/watch?v=w2iTOneGPdU)
* [Squat jumps](https://www.youtube.com/watch?v=bv7as8mDXLQ)
* [Tuck jumps](https://www.youtube.com/watch?v=r7oBejx1PHM)
* [High knee sprints in place](https://www.youtube.com/watch?v=fLqrMzzU75o)

**Sample workouts:**

**Basic full-body workout:**

* **Feel free to substitute appropriate exercises above for each body part.**
* **Try to alternate exercises in pairs. For example, one set of chest followed by one set of legs.**

|  |  |  |
| --- | --- | --- |
|  | **Exercise** | **Sets/Reps** |
| **Warmups** | Light cardio activity and dynamic stretches | 5-10 minutes |
| **Chest** | Pushups (appropriate level) | 1-3 sets/10-30 reps |
| **Legs** | Squats (appropriate level) | 1-3 sets/10-30 reps |
| **Back** | Pullups/rows | 1-3 sets/10-12 reps |
| **Legs** | Lunges (appropriate level) | 1-3 sets/12-20 reps (each leg) |
| **Arms (Triceps)** | Bench dips | 1-3 sets/10-12 reps |
| **Abs** | Sit-ups, crunches, or V-ups | 1-3 sets/10-50 reps |
| **Arms (Biceps)** | Resistance band curls | 1-3 sets/10-12 reps |
| **Back** | Back extensions or Supermans | 1-3 sets/10-20 reps |

**Circuit workout:**

* **Try to go at a fast pace/high intensity if possible.**
* **Each exercise should be for 30 seconds of work time/15-30 seconds of rest.**
* **Do entire circuit (excluding the warmups) for 2-3 sets through the entire 8 exercise circuit with 1-2 minutes of rest between each circuit set.**

|  |
| --- |
| **Exercise** |
| Warmups for 5-10 minutes |
| Squat thrusts or burpees |
| Squats |
| High knee sprints |
| Push ups |
| \*\*Take 1 minute of rest if needed |
| Squat jumps, tuck jumps, or lunge jumps |
| Mountain climbers |
| Lunges |
| V-ups, sit-ups, or crunches |

**Ideas for stuff to do for short breaks while working (5 minutes every hour):**

Arm pulses, arm circles, shoulder rolls, shoulder stretch, standing side reach lat stretch, chest stretch, hip circles, calf stretch, neck rotations (side to side), neck rolls, chair squats or body squats, lunges, wall sits, pretend jump rope, desk pushups or regular push ups.

**Additional equipment that you might consider:**

Resistance bands, timer/interval timer or app, mat, dumbbells, kettlebells, medicine balls, jump rope, pull up bar, ab roller, adjustable bench, sandbags, suspension rings, battling ropes.

**Some great online websites and YouTube channels:**

<https://darebee.com/workouts.html>

<https://darebee.com/video.html#sort=position&sortdir=asc>

<https://www.muscleandfitness.com/workout-routines/exercise-videos/>

<https://www.youtube.com/user/redefiningstrengthOC>

<https://www.youtube.com/user/HocevarPerformance>

<https://www.youtube.com/watch?v=2EO_Z8cxMSE>

<https://www.youtube.com/user/JDCav24>

Stretching and Self-Care:

<https://darebee.com/pdf/workouts/self-care-workout.pdf> \*\*\* <https://darebee.com/pdf/workouts/everyday-stretching-workout.pdf> \*\*\* <https://darebee.com/100-office-workouts.html> \*\*\*<https://darebee.com/fitness/get-fit-at-home-strategy.html> \*\*\* <https://darebee.com/fitness/lockdown-selfcare.html>