

# EXERCISE PROGRAMS



## Home Workout Body Weight



## Home Workout with Body Weight

### Introduction

This exercise routine is created for women and men who may be restricted for time or access to a gym, and would like to workout from home without using equipment.

This routine is a short, concise workout that targets all parts of the body and relies on the individual's body weight for resistance.

*Exercise intensity – moderate to high*

### 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 water 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.
- ▶ The client should rest between sets should be 30-45 seconds.
- ▶ Ensure your client is aware of the correct technique for all these exercises before prescribing this routine.

### 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 30 repetitions. Rest 60s 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 12 repetitions. Rest 45s between sets.

### Lunge - Walking

---

- Feet hip width apart
  - Grip dumbbell in each hand
  - Take a large step forward, descend until leading thigh is parallel to floor
  - Push off the trailing leg & step forward onto the leading leg to the new start position
  - Maintain upright posture throughout
- Variations: Substitute dumbbells for a barbell or medicine ball



Complete 2-4 sets of 10-15 repetitions. Rest 45s between sets.

## Dips - Box

---

- Hands on edge of bench or chair
- Body weight partially supported on feet
- Maintain vertical torso position
- Lower body until upper arm is parallel to floor
- Extend elbows, return to start position



Complete 2-4 sets of 12 repetitions. Rest 30s between sets.

## Calf Raise - Single Leg

---

- Stand on one leg, toes on edge of box
- Ankle hanging below toes
- Hold something for support
- Lift & lower body by extending the ankle of the stance leg
- Maintain an upright posture throughout



Complete 2-4 sets of 10-15 repetitions. Rest 30s between sets.

## Bridge & Hold - (Alternate Leg Extensions- optional)

---

- Lie face up, knees bent, feet flat on floor
- Lift hips to align with shoulders & knees
- Hold bridge position
- To increase intensity, slowly extend one knee, pause, return foot to the floor, then repeat on other side



Complete 2-4 sets of 6-12 repetitions. Rest 45s between sets.

## Plank - Elbows & Toes (Shoulder Tap- optional)

---

- Lie face down, support body on forearms & toes
- Ankle, hip & shoulder in alignment
- Maintain neutral spine position
- To increase intensity, tap one hand to the opposite shoulder, and repeat for the other side.



Hold for 30-45 seconds. Repeat 2 times.

## Butt Kicks

---

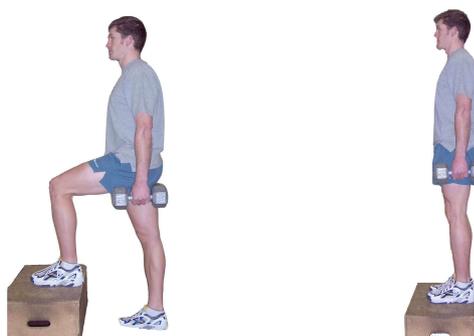
- Running action, move forward slowly
- Hands placed on buttocks, palms facing outwards
- Emphasise heel lift, ankles touch hands
- Minimise knee lift
- Ground contact on balls of feet
- Vary stride rate & ground contact time
- Complete over 15-20 metres

Repeat 3-6 times. Rest 60-90s between repetitions.

## Step Up - Body Weight with Leg Lift

---

- Stand in front of a knee high box
- Slowly step up onto the box
- Extend free leg to contract the glutes
- Step down slowly
- Repeat on the other side
- Maintain upright posture & keep leading foot flat throughout



Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

## Abdominal Brace - Flutter Kick - Arms Overhead

---

- Lie face up, arms overhead
- Preset lower abdominals, legs up
- Curl up slightly, lower legs to 45 degrees & perform small flutter kicks
- Maintain neutral spine position



Complete 2-4 sets of 10-15 repetitions. Rest 30s between sets.

## Push Up

---

- Supported on hands & toes, body straight
- Lower chest towards floor
- Push up slowly
- May go on knees to make it easier



Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

## Calf Stretch - Forward lunge

---

- Split stance
- Both feet flat on floor & pointing straight ahead
- Lean forward over front leg, keep back leg straight
- Keep heels flat
- Drop back foot further back to increase stretch



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

## Glute & Low Back Stretch - Lying

---

- Lie on back
- One leg straight, other leg bent
- Roll bent leg across body, assist with opposite hand
- Shoulders remain flat on floor



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

## Hamstring Stretch - Lying

---

- Lie on back, bend one leg to chest
- Grasp calf on elevated leg with both hands
- Straighten leg, pull foot toward head



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

## Triceps Stretch - Hand On Elbow

---

- Sit or stand
- Lift arm above head, bend elbow
- Rest hand between shoulder blades
- Use opposite hand to pull elbow down



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