



WORKOUT OF THE WEEK → Jan 1-7

Total time: 10 minutes

Equipment needed:

- Resistance band
- Bench or chair

WARM UP

- Lunge with rotation (5 each side)
- Jumping jacks (20)

WORKOUT (repeat 2x)

- Squatted tube walking with tied band (10 each way)
- Kick backs with tied band (10 each leg)
- Body squats (10)
- Single arm bicep curls (10 each arm)
- Pushups (10)
- Triceps dips (10)

EXERCISE TIPS

- **Lunge with rotation**— lunge forward and rotate your torso to each side
- **Squatted tube walking**— tie resistance band and place around ankles; stay in a squatted position as you step sideways to the left, then the right; as you walk sideways, keep your feet straight with your toes facing forward
- **Kick backs**— keep tied resistance band around ankles; hold onto a wall or desk for support as you slowly kick your leg straight back; try not to bend your knees
- **Single arm bicep curls**— untie resistance band and step on one end to perform bicep curls with your thumbs facing up; adjust resistance as needed
- **Pushups**— for a regression, do these on your knees or on an inclined object like a bench or desk
- **Triceps dips**— position yourself on a bench or chair with your arms straight and legs extended out; bend your elbows to lower your body to the floor and back up



WORKOUT OF THE WEEK → Jan 8-14

Total time: 12 minutes

Equipment needed:

Exercise or yoga mat

WARM UP

- Lunge with rotation (5 each side)
- Arm circles (15 forward, 15 backward)

WORKOUT

Repeat as many times as possible in 12 mins.

- Squats, 15
- Shoulder taps, 15 each arm
- Rusty doorknobs, 15
- Around the world lunge, 8 each leg
- Get-ups, 10 (alternate which leg starts)

When you complete the last get-up, start over with squats until 12 minutes is up

EXERCISE TIPS

- **Shoulder taps**— get into plank position with hands placed directly underneath shoulders and core engaged, lift one hand off the ground to tap the opposite shoulder; try not to rotate the body during this movement
- **Rusty doorknobs**— this exercise works your triceps; with a soft bend in the knees, hinge the hips and bend forward keeping the back straight; extend arms straight out behind you and rotate wrists and elbows as if turning two doorknobs
- **Around the world lunge**— perform a forward lunge, then side lunge, then back lunge all with the same leg before moving onto the next leg; one lunge forward/side/back is one repetition
- **Get ups**— start on your knees; without using your hands, use one foot to raise your body into a standing position, then resume the kneeling position by slowly putting one knee on the mat at a time; be sure to alternate which leg you start and end with



WORKOUT OF THE WEEK → Jan 15-21

Total time: 20 minutes

Equipment needed:

One set of light dumbbells

WARM UP

- Arm circles (15 forward, 15 backward)
- 10 pushups or modified pushups

WORKOUT (all with dumbbells)

- Pec fly, 15
- Bicep curl, 15
- Shoulder press, 15
- Bent over row, 15

Perform the four exercises listed to the left like this: right arm, then left arm, then both arms at the same time equals ONE repetition

Once you finish your first round, go back and repeat each movement for 12 reps, then 10, then 8.

Finish your workout with two rounds of:

- Triceps dip, 15
 - Lateral raises, 15
 - Pushup, 8
-

EXERCISE TIPS

- **Pec fly**— lay on your back with arms extended straight out in front of you, palms facing inwards towards each other; while keeping your arm straight, slowly lower your right arm to the ground, then back to the middle, repeat with your left arm, then both arms at the same time (right + left+ both = 1 repetition)
- **Shoulder press**— start with arms directly overhead; slowly bend one arm at a time to a 90° angle, extend arm back up; repeat with other arm, then both arms at same time
- **Bent over row**— with a soft bend in the knees, hinge the hips and bend forward keeping the back straight; allow both arms to fall at your sides, pull your right arm up while keeping your elbows in and back flat, slowly lower down and repeat with other arm, then both arms; squeeze your shoulder blades together at the top
- **Lateral raise**— with arms to your sides, lift both arms up to parallel with the floor, making sure to keep arms as straight as possible; lower and repeat



WORKOUT OF THE WEEK → Jan 22-28

Total time: 12 minutes

Equipment needed:

- Yoga or exercise mat

WARM UP

- Walk outs (10 times)
- High knees (1 min)

WORKOUT (repeat 2x)

- Donkey kicks (15 each leg)
- Fire hydrants (15 each leg)
- Kick backs (15 each leg)
- Side plank (30 s each side)
- Russian twists (1 min)

EXERCISE TIPS

- **Walk outs**– reach your hands down to the floor; walk them out in front of you until you reach a plank position and hold; walk hands back up and roll up into standing position
- **High knees**– rapidly lift alternating legs as high as they will go; do so as if you were running in place, but instead you are bringing your knees forward and up (make sure to swing opposite arm)
- **Donkey kicks**– start on your hands and knees; kick back one leg so that it forms a straight line with your back while maintaining a ninety-degree bend at your knee
- **Fire hydrants**– start on your hands and knees; lift one leg to the side so that your leg is about perpendicular with your back while maintaining a ninety-degree bend at your knee
- **Kick backs**– start on your hands and knees; kick one leg back and up while straightening your leg this time
- **Side plank**- start on your side with your feet together and one forearm directly below your shoulder; contract your abdomen and raise your hips off the floor until your body is in a straight line from head to feet and hold
- **Russian twists**– sit on the ground, bend your knees, and lift feet slightly of the ground; twist shoulders and core from side to side, making sure to tap the floor with your hands– be sure to keep your back straight!



WEEK 4: WORKOUT HOW-TO'S

1. Walk outs



2. High knees



3. Donkey kicks



4. Fire Hydrants



5. Kick backs



6. Side plank



7. Russian twists





WORKOUT OF THE WEEK → Jan 29-Feb 4

Total time: 13 minutes

Equipment needed:

- Free weights or any sort of weight
 - Chair
 - Resistance band
-

WARM UP

- Standing leg raises (10 each direction)
- Leg swings (6 each side)
- Arm swings (10 forward, 10 backward)

WORKOUT (repeat 2x)

- Jump squats (12)
 - Single leg deadlift (10 each leg)
 - Triceps dips (15)
 - Reverse lunges (10 each leg)
 - Calf raises (30)
-

EXERCISE TIPS

- **Standing leg raises**– Step on your resistance band with one foot and extend your leg out towards the side of your body then come back to your starting position; squeeze the glutes with every raise. Do this for both legs, going out to the side, in front, and behind you.
- **Leg swings**– With your arms holding onto a stable object (like a table) face towards the object and swing your legs across your body side to side. You should feel slight tension in the hamstrings and mildly in the hips. Repeat for both legs.
- **Arm swings**– Swing your arms in a circular motion forward and backwards while standing.
- **Jump squats**– Start in a squat position, then jump as high as possible. When you are landing, prepare to sink into a regular squat again, being sure to land gently. Repeat 12 times.
- **Single or two-legged deadlift**– Stand with weights in both hands. Reach down towards your feet without rounding your back, letting one leg kick back. If you find trouble with your balance, do the same exercise with both feet planted. Be sure to squeeze the core and engage the glutes.
- **Triceps dips**– Find a chair with a good height (and no wheels), then place your palms on the end of the chair, keeping your legs straight, resting your weight on your heels. Dip your body down so your arms make a 90-degree angle, then come back up.
- **Reverse lunges**– While standing, step backwards until both of your legs make a 90 degree angle, just like a regular lunge. Make sure to keep the core tight for stability.
- **Calf raises**– While standing and holding onto a stable object, raise up onto your toes then come back down but stop right before your heels touch the floor. Repeat 30 times.



WEEK 5: WORKOUT HOW-TO'S

1. Leg raises

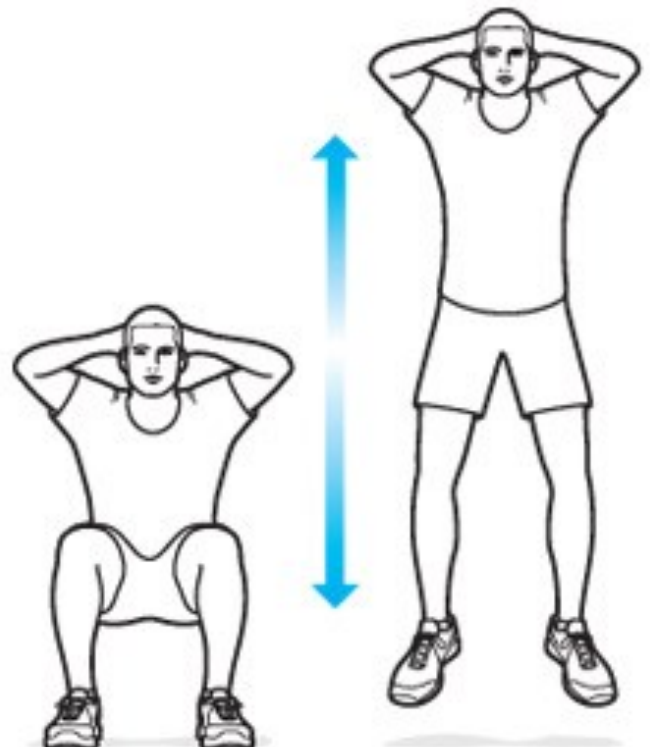


Note— use one leg at a time, not both legs in the resistance band

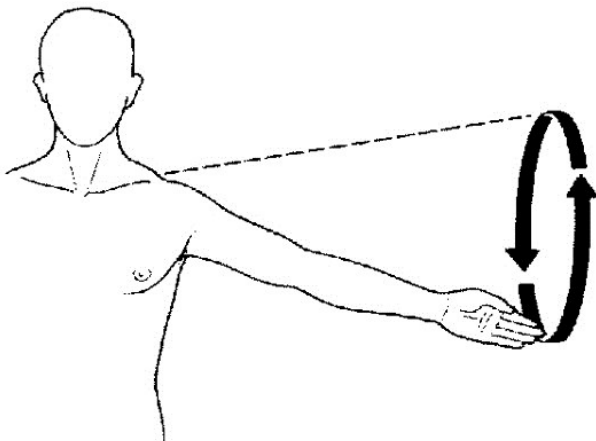
2. Leg swings



4. Jump squats



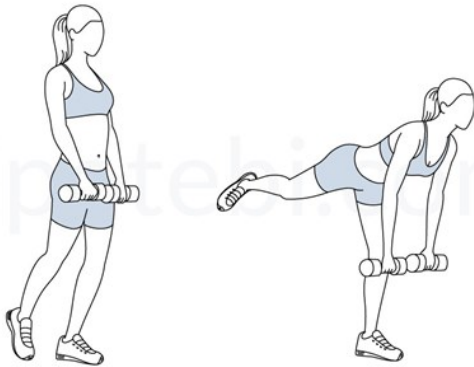
3. Arm swings





WEEK 5: WORKOUT HOW-TO'S

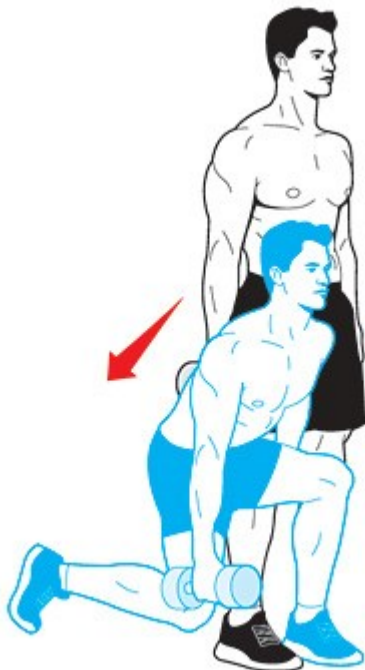
5. Single or two-legged deadlift



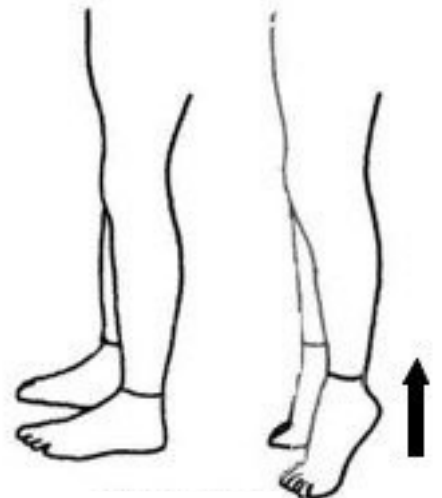
6. Triceps dips



7. Reverse lunges



8. Calf raises





WORKOUT OF THE WEEK → Feb 5-11

Total time: 12 minutes

Equipment needed:

- Yoga or exercise mat
- Resistance bands

WARM UP

- Reaching lunges (10 times)
- Jumping jacks (20 times)

WORKOUT (repeat 2x)

- Squats with band (15)
- Crab walks with band (20)
- Hip bridges with band (20)
- Leg raises (15)
- Heel touches (20)

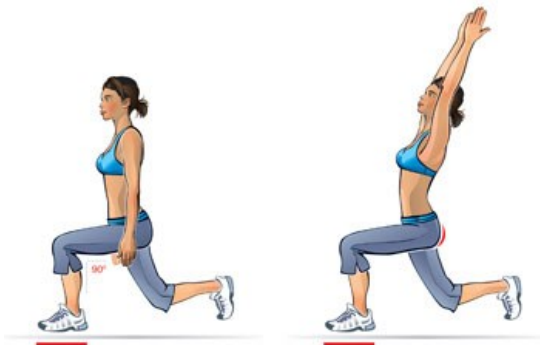
EXERCISE TIPS

- **Reaching lunges** – Start in a standing position. Take one big step forward and lunge forward. As you lunge forward, reach both arms up above your head.
- **Crab walks** – Start in a squatting position with the resistance band around the ankles. Take a wide step to the side. Slowly bring the other leg within inches of the lead leg. Walk one direction then go the other direction to work the other leg.
- **Squats** – Place resistance band above your knees. Stand with feet about shoulder width apart, toes pointed slightly outward and place hands on hips to stabilize. Lower yourself by bending your hips and knees while keeping tension on the band. Raise yourself up while keeping a slight bend at the knees.
- **Hip bridges** – Start lying flat on your back. Place resistance band above your knees. Legs and knees should be at shoulder width, hands flat at your sides. Lift your hips up from the ground while driving from the heels and keeping tension on the band. Hold for three seconds at the top and slowly lower your hips down.
- **Leg raises** – Start flat on your back with legs together and straight. Hands can either be on your sides with palms facing down or under your glutes to support the lower back.
- **Heel touches** – Start lying down on your back with knees bent. Arms should be extended on your side and shoulders should be raised above the ground. Crunch torso toward the right side and touch your heel. Repeat for the left side.

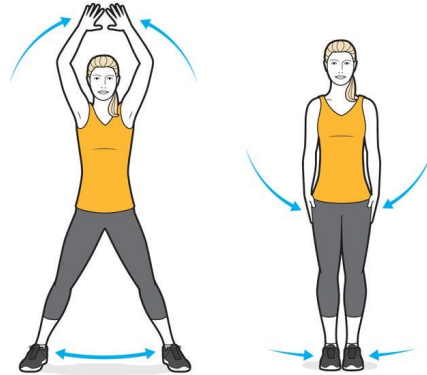


WEEK 6: WORKOUT HOW-TO'S

1. Reaching lunges



2. Jumping jacks



3. Squats



4. Crab walks



5. Hip bridges



6. Leg raises



7. Heel touches





WORKOUT OF THE WEEK → Feb 12-18

Total time: 12 minutes

Equipment needed:

- Yoga or exercise mat
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WARM UP

- Walking toe touch (5 each side)
- Arm circles (10 forward, 10 backwards)
- Burpees (10)

WORKOUT (repeat 2x)

- Reverse lunge to high knee (10 each leg)
 - Body weight squat (10)
 - Pushups (10)
 - Mountain climbers (10 each knee)
-

EXERCISE TIPS

- **Walking toe touch:** Start in a standing position. Kick one leg up to meet the opposite arm that is outstretched in front of you. Step and repeat on other side.
- **Arm circles:** Swing your arms in a circular motion forward and backward while standing.
- **Burpees:** Start in a standing position with your feet shoulder-width apart. Lower into a squat position and then place your hands on the ground near your feet. Jump your feet backwards into a plank position and then jump your feet back towards your hands. Jump into the air with your hands above your head and return to the beginning position.
- **Reverse lunge with knee up:** Take a large step backwards and lower your knee toward the floor. Then, push through the heel of your front leg and drive the other leg up towards your chest.
- **Body weight squat:** Start with your feet shoulder-width apart and toes pointed slightly outward. While keeping your back straight, sit back with your hips and push your knees out as you lower yourself into a squat.
- **Pushups:** Start in a high plank position with your arms shoulder width apart. Begin to lower yourself while keeping your back flat. While keeping your core engaged, push yourself back up into the starting position.
- **Mountain climbers:** Begin in a high plank position. Quickly draw your knee to your chest and extend the leg back out. Repeat with the other leg.



WEEK 7: WORKOUT HOW-TO'S

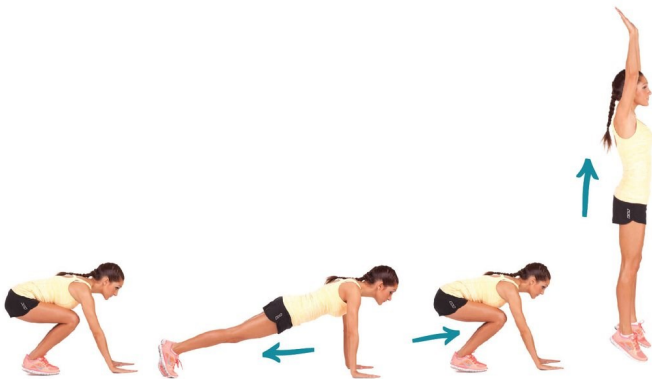
Walking Toe Touches



Arm Circles



Burpees



Reverse lunges w/ knee up



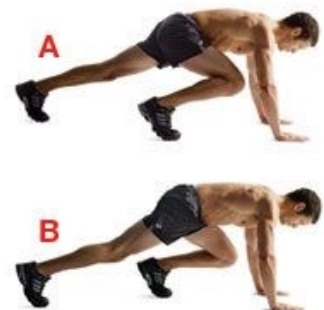
Squats



Pushups



Mountain Climbers





WORKOUT OF THE WEEK → Feb 19-25

Total time: 15 minutes

Equipment needed:

- A pair of light dumbbells

WARM UP

- Walk outs (15 times)
- High knees (1 min)

WORKOUT (repeat 2x)

- Bicep curl to shoulder press (15x)
- Renegade rows (10x per arm)
- Around the world lunges (5x per leg)
- Oblique side raises (15x per side)

EXERCISE TIPS

- **Walk outs**– Reach your hands down to the floor and walk them out in front of you until you reach a plank position and hold. Walk hands back up and roll up into standing position.
- **High knees**– Rapidly lift alternating legs as high as they will go; do so as if you were running in place, but instead you are bringing your knees forward and up (make sure to swing opposite arm).
- **Bicep curl to shoulder press**– Holding the dumbbells with your palms facing up, plant your elbows to your side and flex at your elbows curling the dumbbells up to your shoulders. From there, twist your wrists so your palms are facing forward and push the dumbbells up above your head. Slowly reverse the movement and return to the start position.
- **Renegade rows**– Start in a plank position with the dumbbells in your hands. Pull one weight up towards the side of your body while balancing on your other hand and feet. Return the weight slowly to the start position to repeat on the other side. Be sure to keep your back straight and core tight.
- **Around the world lunges**– With the dumbbells in your hands, lunge one leg forward and return to standing; lunge to the side with that same leg and return; do a reverse lunge with the same leg and return; finally, do a curtsy lunge with the same leg and return. Repeat this cycle on the other leg. (One cycle=one rep)
- **Oblique side raises**– Start standing hip-width apart, holding the dumbbells to your side. Slowly bend your torso to the side and use your core to pull you back up. Repeat on the other side.



WEEK 8: WORKOUT HOW-TO'S

1. Walk outs



2. High knees



3. Bicep curl to shoulder press



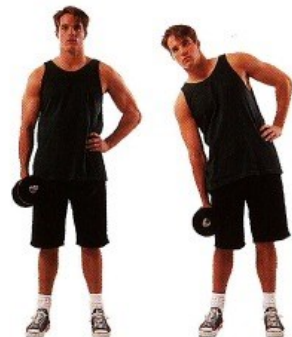
4. Renegade rows



5. Around the world lunges



6. Oblique side raises





WORKOUT OF THE WEEK → Feb 26-March 4

Total time: 13 minutes

Equipment needed:

- Yoga or exercise mat, and wall

WARM UP

- Walking scoops (5 each side)
- Arm circles (12 forward, 12 backwards)
- Jumping jacks (10)

WORKOUT (repeat 2x)

- Squat jumps (10)
- Sprinters (12 total)
- Pushups (10)
- Wall sit (1 minute)

EXERCISE TIPS

- **Walking scoops:** Start in a standing position. Extend and straighten one leg at a time with your toes pointed upwards and foot flexed. Bend at the waist, scoop with your arms and come back up to standing.
- **Arm circles:** Swing your arms in a circular motion forward and backward while standing.
- **Jumping Jacks:** Stand with feet together, knees slightly bent, and arms to the side. Jump while raising arms and separating legs to the sides. Repeat this motion by jumping again while lowering arms and returning legs to the center.
- **Squat jumps:** Start by doing a regular squat, then engage your core and jump explosively! Be careful to land gently when coming back down.
- **Sprinters:** Start by lying on your back with your arms at your side and legs slightly lifted off of the ground. Crunch while bringing one leg up to your chest with your opposite arm swinging. Come back to the lying position and alternate your arms with your legs in a running motion.
- **Pushups:** Start in a high plank position with your arms shoulder width apart. Begin to lower yourself while keeping your back flat. While keeping your core engaged, push yourself back up into the starting position.
- **Wall sit:** Find a wall and start by propping your back against it. Sit in a squatting position with your hands resting on your hips or thighs.



WORKOUT 9 HOW-TO'S

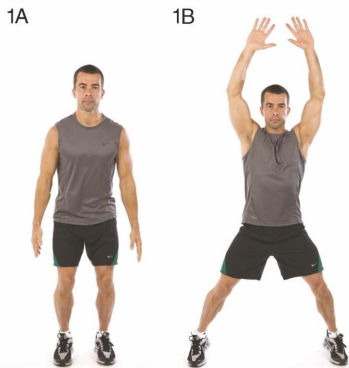
1. Walking Scoops



2. Arm Circles



3. Jumping Jacks



4. Squat Jumps



5. Sprinters



6. Pushups



7. Wall Sit





WORKOUT OF THE WEEK → March 5-11

Total time: 13 minutes

Equipment needed:

- Yoga or exercise mat
- 6lb medicine ball

WARM UP

- Reaching lunges
- Burpees (10)

WORKOUT (1 min/exercise; repeat 2x)

- Toe touches
- High Russian twist
- Leg raises
- Plank
- Superman

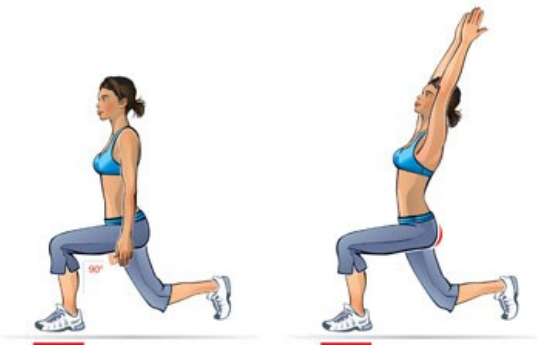
EXERCISE TIPS

- **Reaching lunges** – Start in a standing position. Take a big step forward and lunge forward. As you lunge forward, stretch both arms up above your head.
- **Burpees**– Starting in a crouched position, jump your legs straight back behind you, come back to the crouched position, then jump up straight in the air. Land, crouch and repeat.
- **Toe touches** – Lie flat on your back. With your feet together, up and straight, hold the ball in front of you and push it up towards your toes while you crunch.
- **High Russian twist** – Start in a sitting position with your knees bent and legs slightly raised above the ground. Hold the ball straight and high and twist to the left. Come back to center, twist to the right, and repeat.
- **Leg raises** – Start flat on your back with legs together and straight. Lift your legs up and down without letting your heels touch the ground. Hands can be flat on your sides or under your glutes to support the lower back.
- **Plank** – Lie on the floor with elbows beneath the shoulders and legs fully extended. Raise torso into the air, and hold, being sure to keep the back straight and core engaged.
- **Superman** – Lie flat facing the mat. Extend your arms in front of you and lift your arms, legs, and chest up above the ground. Hold for three seconds, relax, and repeat.

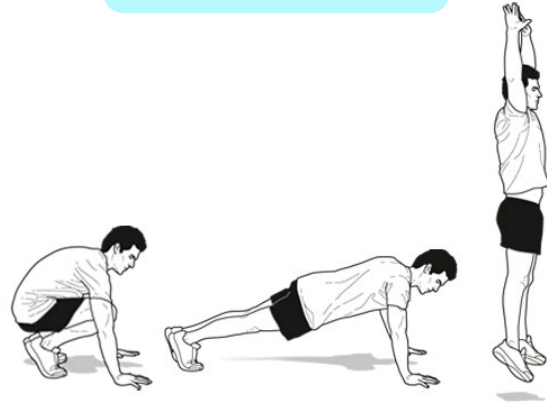


WEEK 10: WORKOUT HOW-TO'S

1. Reaching lunges



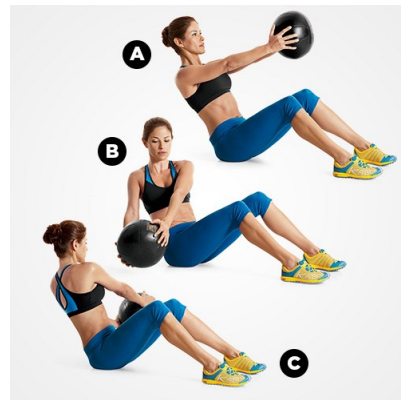
2. Burpees



3. Toe touches



4. High Russian twist



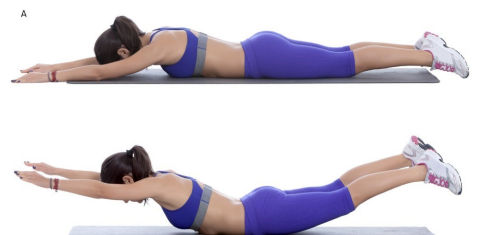
5. Leg raises



6. Plank



7. Superman





WORKOUT OF THE WEEK → March 12-18

Total time: 14 minutes

Equipment needed:

- Yoga or exercise mat
- Light dumbbells
- Chair

WARM UP

- Reverse lunges (5 each leg)
- Cross jacks (20 total)

WORKOUT (repeat 2x)

- Triceps dip (10)
- Jump squats (10)
- Bicep curl to shoulder press (10)
- Plank taps (20 total)
- Glute bridges (15)

EXERCISE TIPS

- **Reverse lunges:** Start in a standing position with your feet shoulder width apart. Take a large step backwards and allow your bent back knee to almost touch the ground. Return to a standing position by driving through your front heel to extend the knee and hips.
- **Cross jacks:** Start in a standing position with your arms extended out to the sides. Jump and cross your right arm over the left and right foot over the left. Jump back to the starting position, then cross the opposite arm and foot over. This counts as one rep.
- **Triceps dips:** Position your arms on the edge of a sturdy chair (no wheels) and extend your feet out in front of you. Bend your elbows to 90° while lowering your body. Push up and return to the starting position.
- **Jump squats:** Start in a standing position with your feet shoulder width apart. Lower into a squat then explode upwards into the air. Land gently on your feet, sinking back down to the squat position, then repeat.
- **Bicep curl to shoulder press:** Using a light pair of dumbbells, start in a standing position with your palms facing outward. Curl the weight towards your body. Then extend your arms above your head while rotating your palms to face outward again. Reverse the movements to return to the starting position.
- **Plank taps:** Start in a high plank position. One hand at a time, touch the opposite shoulder and return to the high plank position.
- **Glute bridges:** Lie on your back in a bent-knee position with your feet flat on the floor. Push your hips up by squeezing your glutes, hold for 2 seconds, then lower your hips back down to the floor.



WEEK 11: WORKOUT HOW-TO'S

Reverse lunges



Cross jacks



Triceps dip



Jump squats



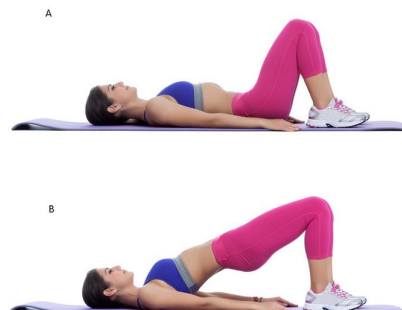
Bicep curl-shoulder press



Plank taps



Glute bridges





WORKOUT OF THE WEEK → March 19-25

Total time: 10 minutes

Equipment needed:

- Yoga or exercise mat

WARM UP

- Walk outs (15 times)
- High knees (30 s)
- Butt kicks (30 s)

WORKOUT (repeat 2x)

- Bicycle crunches (1 min)
- Push ups (15)
- Single-leg glute bridges (30 s each leg)
- Bird dogs w/ crunch (1 min)

EXERCISE TIPS

- **Walk outs**– Reach your hands down to the floor and walk them out in front of you until you reach a plank position. Hold, then walk hands back up and roll up into standing position.
- **High knees**– Rapidly lift alternating legs as high as they will go; do so as if you were running in place, but instead you are bringing your knees forward and up (make sure to swing opposite arm).
- **Butt kicks**– Rapidly kick alternating feet to your butt or as far back as you can kick. You can also think of this as running in place but with extra knee flexion.
- **Bicycle crunches**– Lie flat on your back with your hands behind your head. Lift your legs slightly off the floor and use your core to crunch one elbow to the opposite knee. Return to the starting position, legs still off the floor, and crunch the other elbow to its opposite knee.
- **Push ups**– Start in a high plank position with your arms shoulder-width apart. Begin to lower yourself while keeping your back flat. While keeping your core engaged, push yourself back up into the starting position.
- **Single-leg glute bridges**– Lie flat on your back with one leg straight up in the air and the other bent with foot flat on the ground. Squeeze the glutes and hamstrings of the bent leg to lift your butt and lower back off the ground. Hold for a few seconds, and slowly lower back down. Repeat this on both sides.
- **Bird dogs w/ crunch**– Starting on your hands and knees, straighten one arm out in front of you and extend the opposite leg back behind you. Hold, then crunch your elbow to your knee from that position. Lower your hand and knee back to the ground and repeat this motion on the opposite side.



WEEK 12: WORKOUT HOW-TO'S

1. Walk outs



2. High knees



3. Butt kicks



4. Bicycle crunches



5. Push ups



6. Single-leg glute bridges



7. Bird dog w/ crunch





WORKOUT OF THE WEEK → March 26-April 1

Total time: 15 minutes

Equipment needed:

- Open space and wall
-

WARM UP

- Walking knee hugs (10 total)
- Arm circles (12 forward, 12 backwards)
- Jumping jacks (10)

WORKOUT (repeat 2x)

- Walking lunges (12)
 - Wall sit (1 minute)
 - Standing calf raises (20)
 - Jump thrust (30 seconds)
-

EXERCISE TIPS

- **Walking knee hugs**— Start in a standing position. Bring the knee towards your chest, while taking both hands to pull the knee into your body, making a hugging position. Take a step forward and bring the other knee to your chest and repeat.
- **Arm circles**— Swing your arms in a circular motion forward and backward while standing.
- **Jumping jacks**— Stand with feet together, knees slightly bent, and arms to the side. Jump while raising arms and separating legs to the sides. Repeat this motion by jumping again while lowering arms and returning legs to the center.
- **Walking lunges**— Begin standing with your feet shoulder-width apart and your hands on your hips. Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground then repeat on the opposite side.
- **Standing calf raises**— Lift as high as you can onto your toes and slowly lower your heels down to the starting position.
- **Wall sit**— Find a wall and start by propping your back against it. Slide down into a squatting position with your hands gently resting on your hips or thighs, aiming to get your knees at a 90 degree angle. Hold for as long as you can then slowly come back up.
- **Jump thrust**— Start by sitting in to a regular squat, keeping your glutes and hips engaged then engage your core to jump up explosively. Be sure to land gently back into a squatting position!



WEEK 13: WORKOUT HOW-TO'S

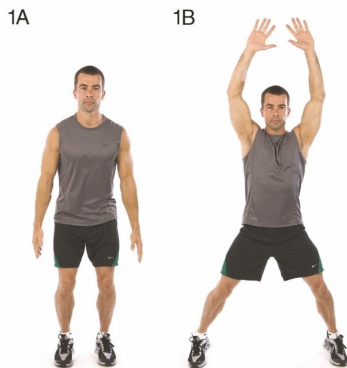
1. Knee hugs



2. Arm circles



3. Jumping jacks



4. Walking lunges



5. Wall sit



6. Standing calf raise



7. Jump thrust

