

AT-HOME WORKOUTS

NO GYM OR MEMBERSHIP REQUIRED!



AT-HOME WORKOUTS!

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LET'S GET TO WORK!

1 Weight Alternatives

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4 Couch To 5k

All exercises are described in the Exercise Guide section of this book.

https://c25k.com/c25k_plan/

5 Stretching Guide

6 Exercise Guide

<https://www.spotebi.com/exercise-guide/>

<https://www.spotebi.com/exercise-guide/>

7 Notes Pages

Can't get to the gym?

HERE ARE SOME ALTERNATIVES FOR WEIGHTS

1 Dumbbells



2 Kettle Bells



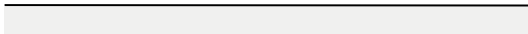
3 Medicine Balls



4 Jugs Filled with Water or Sand



5 Bags of Rice or Flour



6 Backpack Filled with Books



7 Small Children



8 Resistance Bands



9 Soup Cans



10 Books



Tips & Tricks

SOME HELPFUL THINGS TO KEEP IN MIND

1 Drink plenty of water!

2 Stretch before and after you exercise!

3 Try to get in 150 minutes of exercise every week!

4 Do not hold your breath while exercising, keep breathing!

5 Wear comfortable clothes and shoes.

6 Choose types of physical activity that are appropriate for your current fitness level.

7 Start off slow and small, then build up and push yourself.

8 It's okay to take breaks when you need to.

9 **CORE:** Breathe out as you crunch or contract, keep your core muscles tight and engaged.

10 When doing multiple reps of an exercise, go slow, not as fast as possible.

11 **RUNNING:** Find a good breathing pattern you can maintain (ex: breathe in for 4 steps, breathe out for 4 steps), this will help with endurance.

12 Don't compare yourself to others when exercising. Just focus on doing the exercise correctly.

13 Nutrition is just as important as working out. If you want to see lasting changes, work on your nutrition too.

WORKOUT 1

LEGS

Glider Side Lunge - 10 each side

Sumo Squat with Lateral Arm Raise - 15

Gate Swings with Cross - 15

Narrow Squat with Overhead Press - 15

Jumping Jacks - 25

Side Lunge - 10 each side

Side Lunge to Curtsey Lunge - 15 each side

Curtsey Lunge with Weight - 20

Calf Raises - 20

REPEAT 3-4 TIMES

WORKOUT 2

LEGS, ARMS, CORE

Tricep Dips - 15

Glut Bridge - 20

Narrow Squat - 15

REPEAT 3 TIMES

Plank Shoulder Taps - 10 each side

Inchworms - 15

Jump Squats - 10

REPEAT 3 TIMES

Skaters - 10 each side

Back Lunges - 10 each

Squats - 20

REPEAT 3 TIMES

Plank - 1 minute

Side Plank - 1 minute each side

Plank - 1 minute

WORKOUT 3

LEGS, ARMS, CORE

Lateral Raise - 10

Bent Over Row - 10

Lunge (with weight) - 10

Plank - 1 minute

REPEAT 3 TIMES

Dumbbell Chest Press - 10

Bent Over Row - 10

Romanian Deadlift - 10

Right Side Plank - 1 minute

REPEAT 3 TIMES

Overhead Press - 10

Bent Over Lateral Raise - 10

Squats (with weight) - 10

Left Side Plank - 1 minute

REPEAT 3 TIMES

WORKOUT 4

LEGS, ARMS, CORE

Mountain Climbers - 50

Squat Jumps - 20

High Knees - 50

Up Down Planks - 20

Burpees - 20

Sit ups - 20

REPEAT 3-4 TIMES

Leg Raises - 20

Windshield Wipers - 10 each side

Crunches - 50

Bicycle Crunches - 50

REPEAT 2-3 TIMES

WORKOUT 5

LEGS, ARMS, CORE

Single Leg RDLs (with weight) - 10 each leg
Glute Bridge- 12

REPEAT 5-6 TIMES

Pike Push Ups - 10
Tricep Extension - 10
Tricep Dips - 10

REPEAT 5-6 TIMES

Run 1 mile

WORKOUT 6

LEGS, ARMS, CORE

Jumping Lunges - 20 each leg
Side Lunge - 15 each leg
Step Up Knee Raise - 12 each leg
Heel Taps- 15 each
Inchworms - 12
V ups - 15
Bicep Curls - 15
Tricep Dips - 15
Push Ups - 10
Overhead Extension - 12
Russian Twist - 30 each side
Knee Tucks - 25

REPEAT 4-5 TIMES

WORKOUT 7

LEGS, ARMS, CORE

Squats - 20
Side Lunge - 10 each leg
Bicycles - 50

REPEAT 3 TIMES

Push Ups - 20
Back Lunge - 10 each leg
Mountain Climbers - 50
Wall Sit - 1 min

REPEAT 3 TIMES

Burpees - 15
Jump Squat - 15
Toe Touches - 30

REPEAT 3 TIMES

Plank - 1 min
V Ups - 20
Supermans - 30
Plank - 1 min
Star Toe Touch Sit Ups - 20

REPEAT 2 TIMES

WORKOUT 8

LEGS, ARMS, CORE

Push Ups - 20

Tricep Dips - 20

Bicep Curls - 50

Burpees - 10

REPEAT 3 TIMES

Bent Over Row - 10

Up Down Plank - 20

Plank Rotations - 15 each side

Jump Squat - 30

REPEAT 3 TIMES

Push Ups - 20

Decline Push Ups - 20

Pike Push Ups - 20

Bicycle Crunches - 50

Side Plank - 30 sec each side

Plank - 1 min

WORKOUT 9

LEGS, ARMS, CORE

Tricep Overhead Extension - 20
Bulgarian Split Squat - 10 each leg
Push Ups - 15
Supermans - 30
Russian Twist - 40 each
Side Lunge - 10 each
Glute Bridge Hold - 1 min
Run or Walk - 1/2 mile

REPEAT 4 TIMES

WORKOUT 10

LEGS, ARMS, CORE

DO EACH EXERCISE FOR 30
SECONDS THEN REST FOR
10 SECONDS BEFORE
STARTING THE NEXT
EXERCISE

Squats

Squat Jumps

Front Lunges

Frog Jumps

Step Up Knee Raise

Mountain Climbers

Plank Jacks

Plank Hip Dips

V Ups

Star Toe Touch Sit Ups

Skaters

Burpees

Rest for 1 minute

REPEAT 4-5 TIMES

WORKOUT 11

ARMS, CORE

Push Ups - 10

Dumbbell Front Raises - 10

Dumbbell Lateral Raise - 10

Bicep Curls - 10

Tricep Dips - 10

Up Down Plank - 20

Bent Over Row - 10

REPEAT 4-5 TIMES

WORKOUT 12

LEGS, ARMS, CORE

SPELL OUT YOUR NAME

USE YOUR FIRST NAME, MIDDLE NAME,
LAST NAME, OR FULL NAME
COMPLETE THE EXERCISE THAT GOES
WITH EACH LETTER.

A: 50 Jumping Jacks

B: 15 Squats

C: 10 Burpees

D: 30 Push Ups

E: 20 Sit Ups

F: 60 Jumping Jacks

G: 30 Squats

H: 25 Leg Raises

I: 15 Push Ups

**J: 10 Lunges (each side:
Front, Back, Right, Left)**

K: 20 Burpees

**L: 15 Lunges (each side: Front,
Back, Right, Left)**

M: 15 Leg Raises

N: 10 Ski Abs

O: Run 1/4 mile or for 3 min

P: 10 Sit Ups

Q: 30 Mountain Climbers

R: Run 1/2 mile or for 5 min

S: 1 min Plank

T: 20 Squats

U: 30 Sit Ups

V: 10 Push Ups

W: 20 Leg Raises

X: 20 Squats

Y: 30 Burpees

**Z: 25 Lunges (each side:
Front, Back, Right, Left)**

COMPLETE 1-3 ROUNDS

WORKOUT 13-20

CORE

WORKOUT 13

Leg Raise - 2x30
Hip Raise - 1x30
In & Out Crunches - 1x25
Roll Ups - 2x25
Side Plank - 45 sec each side
Heel Taps - 1x40

WORKOUT 15

Star Toe Touch Sit Ups - 1x20 each
Hip Raise - 1x35
In & Out Crunches - 2x25
Roll Ups - 2x20
Side Plank - 45 sec each side
Oblique Crunches - 1x20 each side
Heel Taps - 1x40

WORKOUT 17

V Ups - 2x20
Toe Touches - 1x25
Roll Ups - 2x20
Oblique Crunches - 1x20 each side
Windshield Wipers - 1x20
Supermans - 1x15 each side

WORKOUT 19

Reverse Crunches - 1x30
Leg Raises - 1x30
Hip Raise - 1x30
Toe Touches - 1x25
Oblique Crunches - 1x20 each side
Flutter Kicks - 1x20
Hollow Hold - 1 min

WORKOUT 14

Reverse Crunch - 2x30
Leg Raises - 2x30
Flutter Kicks - 1x25
Crunches - 1x30
Bicycles - 1x40
Side Plank - 45 sec each side

WORKOUT 16

Hip Raise - 1x30
Toe Touch - 2x25
Star Toe Touch Sit Ups - 1x20
Crunches - 1x40
Windshield Wipers - 1x20
Side Plank - 2x45 sec each side
Plank - 2x40 sec

WORKOUT 18

Reverse Crunches - 1x30
Hip Raise - 1x30
Star Toe Touch Sit Ups - 2x25
Crunches - 1x40
Russian Twists - 1x20 each side
Supermans - 2x10 each side

WORKOUT 20

Reverse Crunches - 1x40
V Ups - 2x20
Toe Touches - 1x35
Flutter Kicks - 1x25
Bicycles - 2x25
Russian Twists - 2x30
Oblique Crunches - 2x15 each side
Hollow Hold - 2x1 min
Plank - 1 min

WORKOUT 21-26

CORE

WORKOUT 21

Leg Raise - 1x40
Hip Raise - 1x30
Frog Crunches - 1x30
Flutter Kicks - 2x20
Windshield Wipers - 2x20
Oblique Crunches - 2x15 each side
Hollow Hold - 2x 1 min 15 sec
Plank - 2x1 min

WORKOUT 23

Hip Raise - 1x40
In & Out Crunches - 2x25
Weighted Crunches - 2x20
Russian Twists - 2x25
Windshield Wipers - 2x15
Hollow Hold - 2x1 min
Supermans - 2x12
Side Plank - 1x1 min each side

WORKOUT 25

Wood Chop - 1x40
Star Tow Touch Sit Ups - 2x20
V Ups - 1x20
In & Out Crunches - 2x20
Roll Ups - 2x20
Heel Taps - 1x30
Hollow Hold - 2x1 min
Side Plank - 2x1 min each side

WORKOUT 22

Wood Chop - 1x40
Reverse Crunch - 1x35
Frog Crunch - 2x20
Roll Ups - 2x20
Russian Twists - 2x30
Bicycle Crunches - 2x20
Hollow Hold - 2x 1 min 15 sec
Plank - 2x1 min

WORKOUT 24

Reverse Crunches - 1x40
Star Toe Touch Sit Ups - 2x20
Frog Crunches - 1x30
Heel Taps - 1x40
Bicycle Crunches - 2x20
Hollow Hold - 2x1 min
Mountain Climbers - 2x20
Plank - 1x 1min 15 sec

WORKOUT 26

Plank - 2x1 min
Side Plank - 2x1 min each side
Plank Leg Lifts - 1x1 min
Glute Bridge Hold - 1x1 min
Plank Hip Dips - 1x1 min
Up Down Planks - 1x30
Plank Jacks - 1x30
Plank - 1 min

Couch To 5k

[HTTPS://C25K.COM/C25K_PLAN/](https://c25k.com/c25k_plan/)

Week	Workout 1	Workout 2	Workout 3
1	5 min. warm-up walk Then alternate 60 sec of jogging and 90 sec of walking for a total of 20 min.	5 min. warm-up walk Then alternate 60 sec of jogging and 90 sec of walking for a total of 20 min.	5 min. warm-up walk Then alternate 60 sec of jogging and 90 sec of walking for a total of 20 min.
2	5 min. warm-up walk. Then alternate 90 sec of jogging and two min of walking for a total of 20 min.	5 min. warm-up walk. Then alternate 90 sec of jogging and two min of walking for a total of 20 min.	5 min. warm-up walk. Then alternate 90 sec of jogging and two min of walking for a total of 20 min.
3	5 min warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 Seconds • Walk 90 Seconds • Jog 3 Minutes • Walk 3 Minutes 	5 min warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 Seconds • Walk 90 Seconds • Jog 3 Minutes • Walk 3 Minutes 	5 min warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 Seconds • Walk 90 Seconds • Jog 3 Minutes • Walk 3 Minutes
4	5 min warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2.5 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes 	5 min warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2.5 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes 	5 min warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2.5 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes
5	5 min warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes 	5 min warmup walk, then: <ul style="list-style-type: none"> • Jog 8 minutes • Walk 5 minutes • Jog 8 minutes 	5 min warmup walk, then jog 20 minutes with no walking
6	5 min warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 8 minutes • Walk 3 minutes • Jog 5 minutes 	5 min warmup walk, then: <ul style="list-style-type: none"> • Jog 10 minutes • Walk 3 minutes • Jog 10 minutes 	5 min warmup walk, then jog 25 minutes with no walking
7	5 min warmup walk, then jog 25 minutes with no walking	5 min warmup walk, then jog 25 minutes with no walking	5 min warmup walk, then jog 25 minutes with no walking
8	5 min warmup walk, then jog 28 minutes with no walking	5 min warmup walk, then jog 28 minutes with no walking	5 min warmup walk, then jog 28 minutes with no walking
9	5 min warmup walk, then jog 30 minutes	5 min warmup walk, then jog 30 minutes	5 min warmup walk, then jog 30 minutes

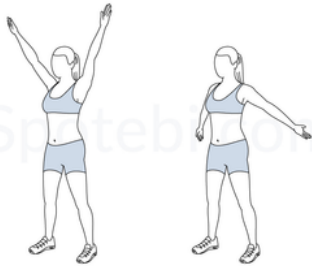
Stretching guide

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Bicep Stretch

Stand straight and clasp your hands behind your back. Straighten your arms and rotate your hands, so that the palms face downward. Raise your arms and hold for 10 to 20 seconds.



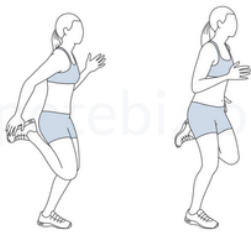
Arm Circles

Stand straight with your feet shoulder-width apart. Raise and extend your arms to the sides, without bending the elbows. Slowly rotate your arms forward, making big circles. Complete a set in one direction and then switch, rotating backward.



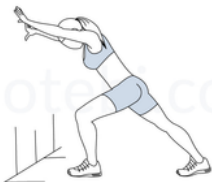
Butterfly Stretch

Sit down on the floor and bring both feet together. With the help of your arms, drive your knees down into the floor. Hold the stretch for 20 to 30 seconds and then slowly release.



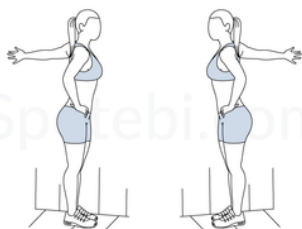
Butt Kicks

Stand tall with your feet shoulder-width apart and face forward. Start kicking your feet up, until the heels touch the glutes, and pump your arms at the same time. Repeat until set is complete.



Calf Stretch

Stand holding onto a wall with your arms extended and your toes pointing forward. Extend your right leg back, keeping your right foot flat on the floor. Lean forward and slowly bend your left knee until you feel the stretch in your back calf. Hold the stretch and repeat on the left leg.

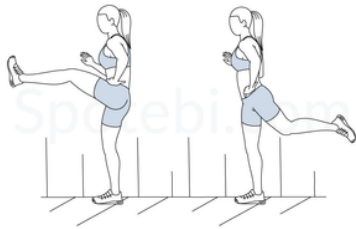


Chest Stretch

With the side of your body facing a wall, place your left palm on the wall. Slowly rotate your torso to the right, until you feel the stretch in your chest and in your left shoulder. Hold for 15 to 30 seconds and repeat on the right side.

Stretching guide

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Forward Leg Swings

Stand straight with your feet hip-width apart and hold onto a wall. Keeping one leg stationary, slowly swing the opposite leg forward and backward in a single smooth movement. Switch sides and repeat until set is complete.



Glute Stretch

Lie flat on your back and bend both knees. Cross the right leg over the left and bring both knees toward your chest. Gently pull the left leg toward you until you feel a stretch in your glutes. Hold the stretch for 30 seconds and repeat with the other leg.



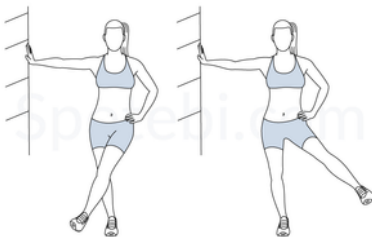
Hamstring Stretch

Lie on your back and lift your left leg. Gently pull your thigh toward your chest until you feel a stretch in your hamstrings. Hold the stretch and then repeat with the right leg.



Hip Flexor Stretch

Kneel on your right leg and bend your left leg in front of you at a 90-degree angle. Shift your weight forward until you feel a stretch in your hip. Switch legs and repeat the stretch.



Lateral Leg Swings

Stand tall and hold onto a wall. Shift your weight to the right leg and swing your left leg to the left and then across your body to the right. Repeat the movement with the right leg until the set is complete.



Lower Back Stretch

Lie down on your back and pull both knees up to your chest. Slowly pull the knees toward the shoulders until you feel the stretch on your lower back. Hold that position for 10 to 20 seconds.

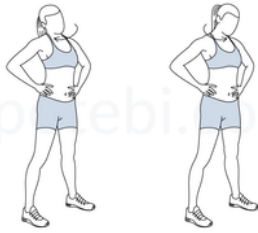
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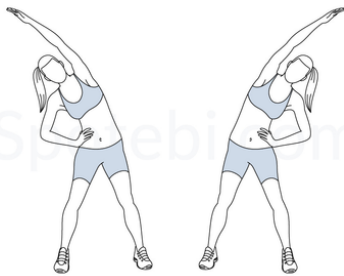
Neck Stretch

Stand straight with your feet hip-width apart and tilt your head toward the shoulder. Place your hand on your head and gently pull until you feel the stretch in your neck. Hold for 10 to 15 seconds and repeat on the other side.



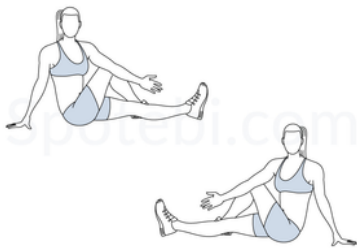
Neck Circles

Begin with your head straight and looking forward. Gently tilt your head to the right and start rolling it back. Keep rolling your head to the left and then down. Bring your head up to the starting position and repeat in the opposite direction.



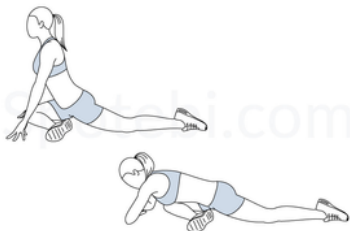
Obliques Stretch

Stand tall with your feet shoulder-width apart. Place your right hand on your hip and raise the left arm. Incline your torso to the right until you feel a stretch in the obliques. Hold the stretch for 20 to 30 seconds and then repeat on the other side.



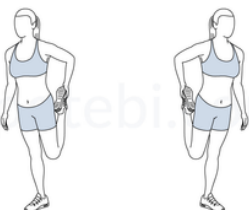
Outer Thigh Stretch

Sit up on the floor with your legs extended. Bend your right knee and cross your right leg over the left. Place your right hand on the floor, your left arm on your right leg, and rotate your upper body to the right. Hold the stretch and repeat on the left side.



Pidgeon Glute Stretch

Get down on your hands and knees and bring your right knee forward and out to the right side. Slide your left leg back, lower your torso, bend your arms and place your elbows on the floor. Stay in pigeon glute stretch for 15 to 30 seconds, then switch leg positions and repeat.



Quad Stretch

Stand up tall and shift your weight to the right leg. Lift your left foot and grasp it with your left hand. Pull the left foot toward your butt until you feel the stretch in your quads. Hold the stretch for 30 seconds and repeat with the right leg.

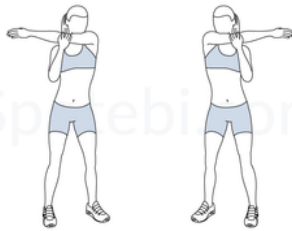
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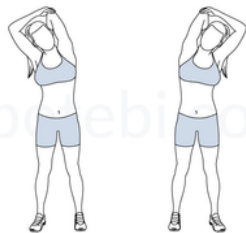
Shoulder Rolls

Stand straight with your arms by your sides and with your feet shoulder-width apart. Slowly rotate your shoulders forward, making big circles. Repeat the movement backward until the set is complete.



Shoulder Stretch

Bring one arm across your upper body and hold it straight. Grasp the elbow with the other arm and gently pull toward your chest. Hold for 10 to 20 seconds and repeat on the other side.



Tricep Stretch

Stand straight with your feet hip-width apart. Lift and bend one arm until your hand is in the middle of the upper back. Grasp the elbow with the other hand and gently pull. Hold for 10 to 20 seconds and repeat on the other side.



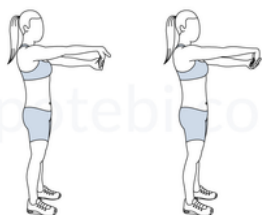
Upper Back Stretch

Stand straight with your feet shoulder-width apart. Clasp your hands together with the thumbs pointing down. Straighten your arms and round your shoulders as you reach forward. Hold the stretch for 10 to 20 seconds.



Wall Shoulder Stretch

Place both hands on a wall and walk your feet back until your arms are straight and form a 90-degree angle with your body. Start bending from the hips until you feel the stretch in your shoulders. Hold this stretch for 15 to 30 seconds.



Wrist Stretch

Stand up and extend your right arm forward at shoulder height. With your elbow straight, grasp your right hand with the left one. Bend the wrist backward until you feel the stretch in your forearm. Hold and then bend the wrist downward. Switch arms and repeat.

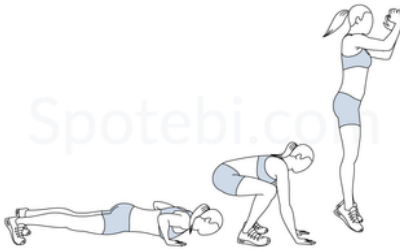
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Bulgarian Split Squat

Place a step or a box behind you and stand up tall. Position your right foot on top of the step, bend your knees and lower the hips until your left thigh is parallel to the floor. Return to the starting position and repeat. Switch legs.



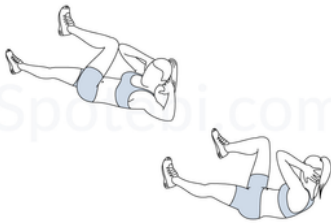
Burpees

Stand straight with your feet shoulder-width apart. Squat and place your hands in front of your feet. Jump back until your legs are fully extended and your body is in plank position. Do a push up, jump forward, and then push through the heels to return to the starting position. Repeat until the set is complete.



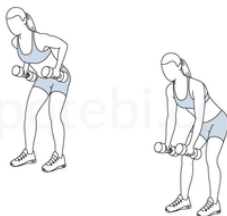
Bicep Curl

Stand straight with a dumbbell in each hand, your feet shoulder-width apart, and hands by your sides. Squeeze the biceps and lift the dumbbells. Keep the elbows close to your body and the upper arms stationary, only the forearms should move. Once the dumbbells are at shoulder level, slowly lower the arms to the starting position.



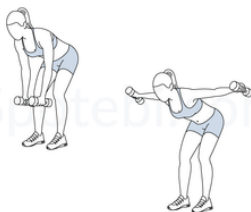
Bicycle Crunches

Lie on your back, lift your shoulders off the mat and raise both legs. Bring one knee and the opposing elbow close to each other by crunching to one side, and fully extend the other leg. Return to the starting position and then crunch to the opposite side. Repeat until the set is complete.



Bent Over Row

Grab a set of dumbbells, bend your torso forward and keep your knees slightly bent. Pull the dumbbells toward your waistline, while squeezing your shoulder blades. Slowly lower the weights to the starting position. A 1-second pull, 1-second pause, 2 second down count is ideal.



Bent Over Lateral Raise

Grab a set of dumbbells and bend your torso, until your chest is nearly parallel to the floor. Raise your arms out to the sides as you lift the dumbbells. Once both arms are parallel to the floor, pause, and then slowly lower them to the starting position. Repeat.

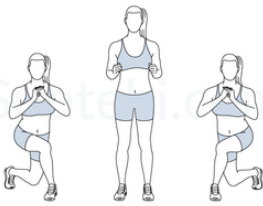
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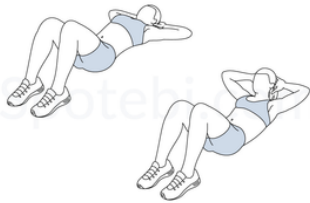
Calf Raises

Stand with your torso upright, your feet hip-width apart, and your toes pointing forward. Raise your heels off the floor and squeeze your calves. Return to the starting position, by slowly lowering your heels, and repeat.



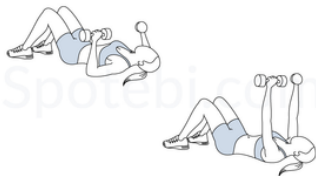
Curtsey Lunge

Stand tall with your feet hip-width apart, can hold a weight in front of your chest. Keeping your weight in your right foot, take a big step back with your left leg, crossing it behind your right leg. Start lowering your body, by bending your knees, until your right thigh is parallel to the floor.



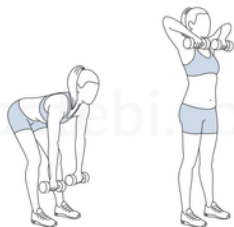
Crunches

Lie down on the mat, keep your knees bent, your back and feet flat, and your hands supporting your head. Lift your shoulders, squeeze your abdominal muscles and hold for 1 to 2 seconds. Slowly return to the starting position and repeat until set is complete.



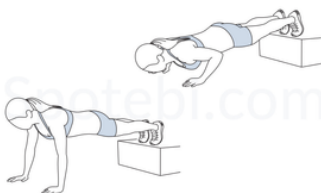
Dumbbell Chest Press

Lie down on a mat with your knees bent and a dumbbell in each hand. Push the dumbbells up toward the ceiling so that your arms are directly over your shoulders and your palms are facing your feet. Lower your arms and repeat the movement.



Deadlift Upright Row

Stand up with your feet shoulder-width apart and hold a set of dumbbells in front of your thighs. Push your hips back and lower the dumbbells until your torso is parallel to the floor. Stand up and pull the dumbbells toward your chest, keeping your arms a little wider than shoulder-width apart. Repeat until the set is complete.

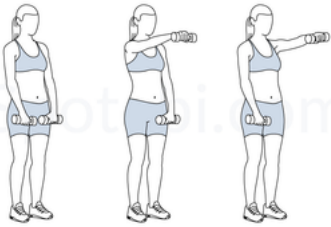


Decline Push up

Start in a plank position, with your wrists under your shoulders and your feet hip-width apart, and place your feet on top of a step. Bend your elbows and lower your chest until it's just above the floor. Push back to the starting position, and repeat until the set is complete.

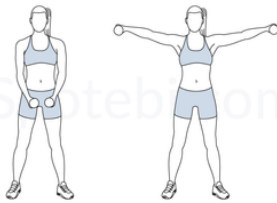
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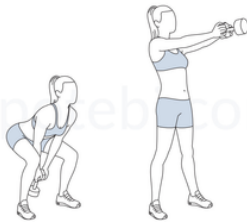
Dumbbell Front Raise

Grab a set of dumbbells and stand straight. With your palms facing down, lift one dumbbell until your arm is slightly above parallel to the floor. Pause and then slowly lower the arm back to the starting position. Repeat with the opposite arm and keep alternating sides until the set is complete.



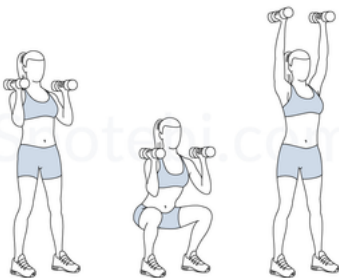
Dumbbell Lateral Raise

Grab a set of dumbbells and stand straight. With your palms facing down, lift the dumbbells and raise your arms out to the sides. Once your elbows are at shoulder height, pause, and then slowly lower the arms back to the initial position. Repeat.



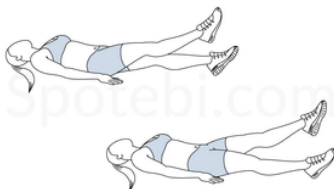
Dumbbell Swing

Stand with your feet shoulder-width apart, your toes pointed slightly outward, and hold a dumbbell with both hands. Squat and bring the dumbbell between your legs. Stand up and swing the dumbbell up to about chest height. Return to the squat position and repeat for the duration of the set.



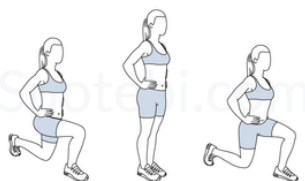
Dumbbell Thrusters

Stand with your feet shoulder-width apart and hold your dumbbells in front of your shoulders. Squat down until your thighs are parallel to the floor. Stand up and extend your arms over your head. Bend your arms, return to the starting position and repeat the exercise.



Flutter Kicks

Lie on your back with your hands by your sides or place them underneath your glutes. Alternate stacking your feet on top of each other. Repeat until set is complete.

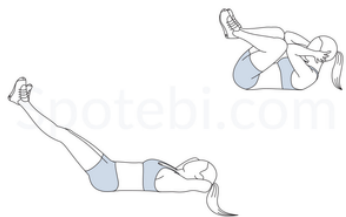


Front and Back Lunges

Stand with your feet hip-width apart, take a step forward and then slowly bend both knees until your back knee is just above the floor. Stand back up, take a step back with the same leg, and bend both knees until your back knee is just above the floor. Repeat this back and forth movement for the entire duration of the set, and then switch legs.

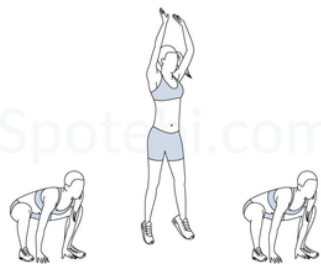
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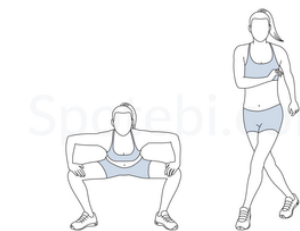
Frog Crunches

Lie down on the mat with your back flat, your hands supporting your head, and lift your legs to a 45-degree angle. Lift your shoulders and bend your knees, bringing them toward your elbows. Lower your torso back to the mat, extend your legs, and return to the initial position. Repeat for the duration of the set.



Frog Jumps

Sit back with your feet in a wide stance and with the toes turned out at an angle. Jump forward and up, land on your toes, and squat. Jump back and return to the starting position. Repeat this back and forth movement until the set is complete.



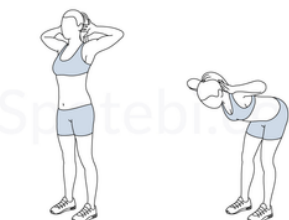
Gate Swings with Cross

Start in a sumo squat position, with your feet in a wide stance, your toes pointing out to the sides, and your thighs parallel to the floor. Jump up, crossing your legs. Jump again, uncrossing them. Bend your knees, press your hips back and return to the starting position.



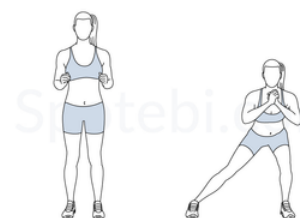
Glute Bridge

Lie on your back with your hands by your sides and your knees bent. Lift your hips off the mat, while keeping your back straight, and pause for 1 second. Return to the starting position and repeat the movement until the set is complete.



Good Mornings

Stand up tall with your feet shoulder-width apart and place your hands behind the head. Start bending at the hips, push your hips back and bend over to near parallel. Return to the starting position and repeat.

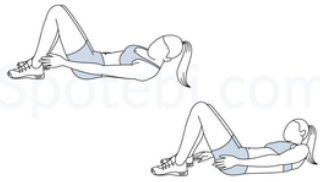


Glider Side Lunge

Put weight into your left leg, and as you slowly bend your left knee and squat down, slide your right foot out to the side. Then as you slowly straighten your leg, slide the right foot back in.

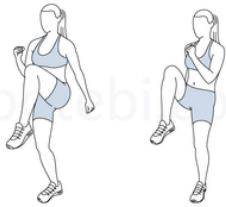
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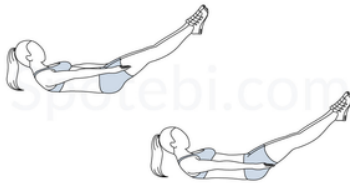
Heel Taps

Lie on your back, keep your knees bent, arms at the sides, and keep your back and feet flat on the mat. Crunch forward and to the left, touching your left heel with your left hand and hold. Return slowly to the starting position and repeat the movement on the right side. Repeat this side-to-side movement until the set is complete.



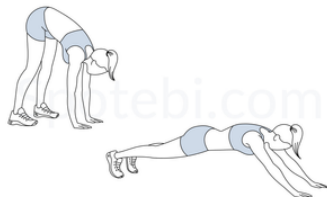
High Knees

Stand straight with your feet shoulder-width apart. Face forward and open your chest. Bring your knees up to waist level and then slowly land on the balls of your feet. Repeat until the set is complete.



Hundreds/Hollow Hold

Lie on your back with your knees bent and your legs parallel to the floor, lift your shoulders off the mat and extend your arms and legs. Inhale for a count of 5, then exhale for a count of 5 while simultaneously pumping your arms up and down. Repeat 10 times for a count of 100.



Inchworm

Stand straight with your feet shoulder-width apart. Bend over and touch the floor with the palms of your hands. Walk your hands out, as far as you can while keeping your legs straight, and pause. Walk back up to the starting position and repeat until the set is complete.



Jumping Jacks

Stand straight with your feet together and hands by your sides. Jump up, spread your feet and bring both hands together above your head. Jump again and return to the starting position.



Jumping Lunges

Take a large step backward and lower your hips, so that your back knee is just above the floor, and your front thigh is parallel to the floor. Jump into the air and switch leg positions. Jump again and return to the starting position. Repeat the exercise until set is complete.

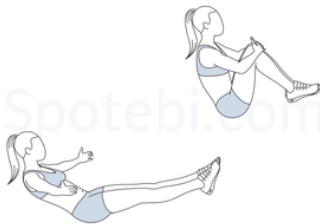
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Jump Squat

Stand with your feet shoulder-width apart and the toes pointing slightly outward. Bend your knees pressing your hips back as if you were going to sit back on a chair. Pushing through the heels, jump straight up. Land with your knees slightly bent and go back into the squat position. Repeat until the set is complete.



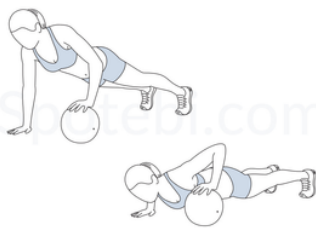
Knee Hugs/In & Out Crunches

Sit down on the mat with your knees bent, your hands hugging your knees, and lift your feet off the floor. Open your arms, extend your legs to a 45-degree angle, and lean back. Lift your torso, bend your knees, and return to the starting position. Repeat.



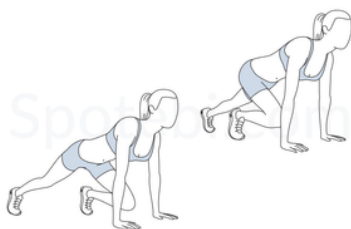
Lunges

Stand with your feet hip-width apart, keep your back straight, your shoulders back, and your abs tight. Take a step forward and slowly bend both knees, until your back knee is just above the floor. Stand back up and repeat the movement. Alternate legs until the set is complete.



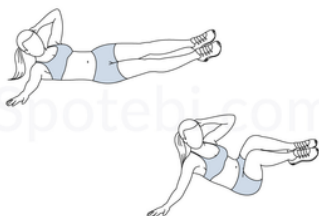
Medicine Ball Push-up

Start in a push up position with your legs extended back, the hands below the shoulders, and a medicine ball (or a stack of books) under your left hand. Start bending your elbows and lower your chest until it's just above the floor. Push back to the starting position and roll the medicine ball to your right hand. Repeat and roll the medicine ball back and forth throughout the entire set.



Mountain Climbers

Start with your body in a straight line and your hands slightly wider than shoulder-width apart. Keep your toes and balls of the feet touching the floor. Bring one knee up toward the center of your stomach and then quickly alternate between legs. Continue alternating until the set is complete.



Oblique Crunch

Lie on your right side with your legs straight, feet off the floor, and place your left hand behind the head. Bend both knees, raise your torso, and, as you squeeze the abs, try touching your left knee with your left elbow. Straighten both legs, lower your torso back to the floor, repeat, then switch sides.

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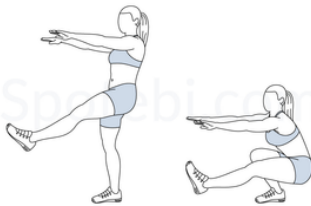
Overhead Circles

Stand with your feet hip-width apart, your knees slightly bent, and lift a medicine ball or weight up and over your head. Circle the medicine ball around your head and to the left, for 30 seconds. Repeat, circling the medicine ball or weight to the right.



Pike Push Up

Get down on your hands and feet, with your hands shoulder-width apart, your legs straight and your hips up. Bend your elbows, until your arms form a 90-degree angle, and bring your head close to the mat. Straighten your elbows, pushing your body away from the mat, and return to the starting position. Repeat until the set is complete.



Pistol Squat

Stand up straight with your feet hip-width apart and lift your left leg in front of you. Start bending your right knee and slowly lower your hips back. Push through the right heel to return to the starting position. Switch to the left side and repeat.



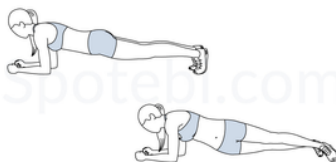
Plank

Get into a push up position, with your elbows under your shoulders and your feet hip-width apart. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line. Hold for as long as possible.



Plank Bird Dog

Start in a plank position with your body in a straight line, your wrists under your shoulders, and your feet shoulder-width apart. Extend one leg and the opposite arm at the same time. Pause for 3 to 5 seconds, return to the starting position, and switch sides. Continue alternating sides until the set is complete.

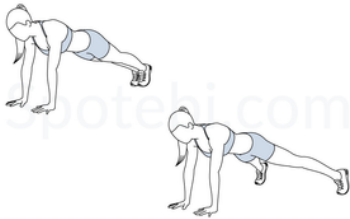


Plank Hip Dips

Start in a low plank position with your body in a straight line, your elbows bent and under your shoulders, and your feet hip-width apart. Rotate your hips to the right and dip your body almost to the floor. Return to the starting position and repeat on the left side. Keep alternating sides until the set is complete.

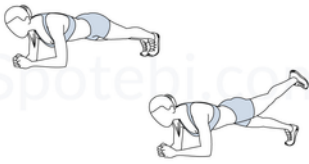
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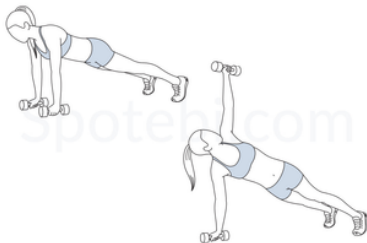
Plank Jacks

Start in a push up position with your feet together. Hop your feet as far as you can and land softly on your toes. Jump again to bring your feet back together and repeat.



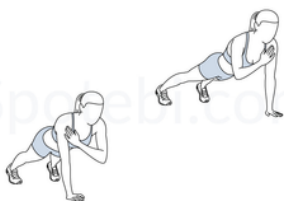
Plank Leg Lifts

Start in a low plank position with your body in a straight line, your elbows bent and under your shoulders, and your feet hip-width apart. Lift your left leg to a 45-degree angle and hold. Switch legs and repeat.



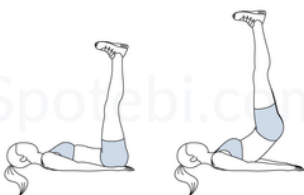
Plank Rotation

Get into a plank position, with your hands under your shoulders, your feet a little wider than hip-width apart, and hold a dumbbell in each hand. Twist your torso and lift your left hand toward the ceiling. Bring your left hand back to the initial position and repeat on the right side.



Plank Shoulder Taps

Start in a plank position, with your wrists under your shoulders and your feet hip-width apart. Touch your left shoulder with your right hand and return to plank position. Touch your right shoulder with your left hand and continue alternating sides until the set is complete.



Hip Raise/Pulse Ups

Lie on your back, lift your legs and place your hands under your tailbone. Lift your hips and hold. Lower your hips and return to the starting position. Repeat until set is complete.

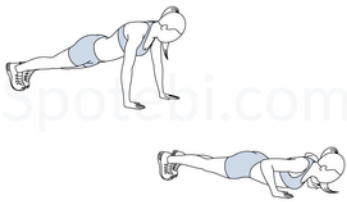


Push Press/Overhead Press

Stand with your feet shoulder-width apart and hold a pair of dumbbells in front of your shoulders with your elbows pointing down and your palms facing each other. Extend your arms and push the dumbbells over your head. Bend your elbows and slowly lower the weights to the starting position. Repeat this movement until the set is complete.

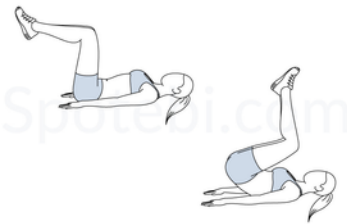
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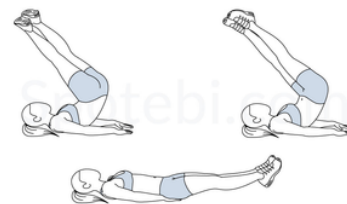
Push Up

With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart. Start bending your elbows and lower your chest until it's just above the floor. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is ideal. Repeat. Can be modified to be done with knees on the ground.



Reverse Crunches

Lie on your back with your hands by your sides. Lift your knees until your thighs and calves form a 90-degree angle and your calves are parallel to the floor. Lift your hips and bring your knees, as far as you can, toward the chest. Hold and then slowly return to the starting position. Repeat.



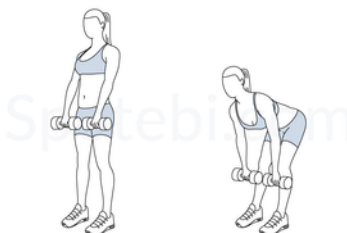
Reverse Crunch Twist

Lie on your back with your hands by your sides and your legs extended. Raise your legs and lift your hips, twisting them slightly to the left. Slowly lower the legs without letting them touch the floor and then repeat on the right side. Keep alternating sides until the set is complete.



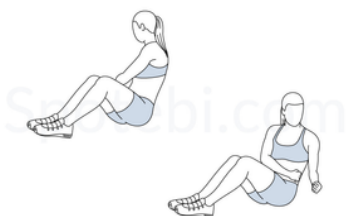
Roll Up

Lie down on the mat with your legs straight and your arms extended. Slowly lift your torso up. Return to the starting position by rolling down one vertebra at a time. Repeat until set is complete.



Romanian Deadlift (RDL)

Stand up tall with your feet shoulder-width apart and hold a dumbbell in each hand. Push your hips back and lower the dumbbells, while keeping your legs straight or only slightly bent. Return to the starting position and repeat.

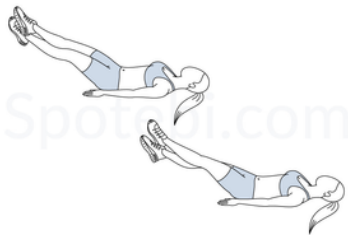


Russian Twist

Lie down with your legs bent at the knees. Elevate your upper body so that it creates a V shape with your thighs. Twist your torso to the right, and then reverse the motion, twisting it to the left. Repeat this movement until the set is complete. Can be done holding a weight.

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Scissor Kicks

Lie on your back with your hands by your sides or place them underneath your glutes. Lift your legs and alternate crossing your feet on top of each other. Repeat until the set is complete.



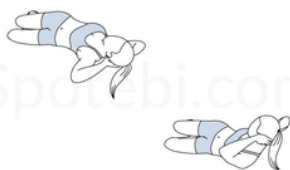
Seated Knee Tucks

Sit down with your hands on the mat, your legs fully extended, and lean back. Bend your legs and bring your knees toward your chest. Hold for a second or two and then fully extend your legs without touching the mat. Repeat.



Shoulder Press

Stand with your feet shoulder-width apart and hold a dumbbell in each hand. With your palms facing forward and your elbows under your wrists, position the dumbbells at your shoulders. Push the dumbbells up and fully extend your arms. Lower the dumbbells back down to your shoulders and repeat the movement until the set is complete.



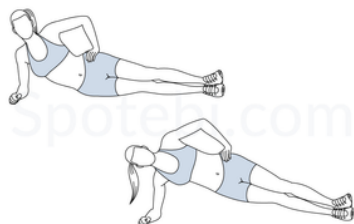
Side Crunch

Lie on your back with your hands supporting your head, bend the knees, and rotate your hips to the left. Lift your shoulders off the floor, squeeze the obliques and hold for 1 to 2 seconds. Slowly return to the starting position, repeat, and switch sides.



Side Plank

Lie on your side with your body fully extended. Lift your body off the ground and balance your weight between the forearm and the side of the foot. Keep your body in a straight line and hold for as long as you can.

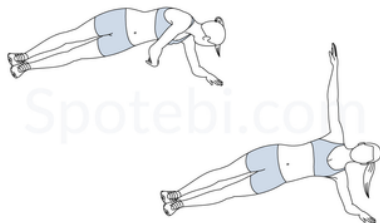


Side Plank Hip Lifts

Start in a side plank position, with your shoulder over your elbow and your body in a straight line. Bring your hip down, without letting it touch the floor, and then bring it back up to the side plank position. Repeat and switch sides.

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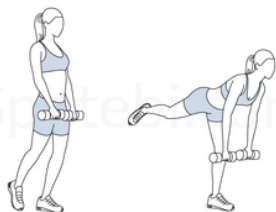
Side Plank Rotation

Start in a side plank position, with your right shoulder over your elbow, your body in a straight line, and reach your left hand toward the ceiling. Twist your torso forward and slowly place your left arm under your body. Repeat and then switch sides.



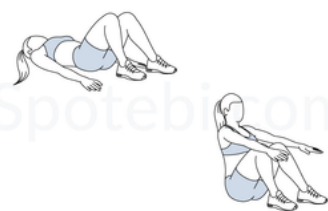
Single Leg Bridge

Lie on your back with your arms by your sides, knees bent, and feet flat on the floor. Raise one leg and lift your hips as high as you can. Lower your hips, repeat, and then switch legs.



Single Leg Deadlift (SDL)

Stand on one leg with your knee slightly bent and hold a dumbbell in each hand. Start bending at the hips and extend your free leg behind you. Lower your torso until you're parallel to the floor. Return to the starting position and repeat with the opposite leg.



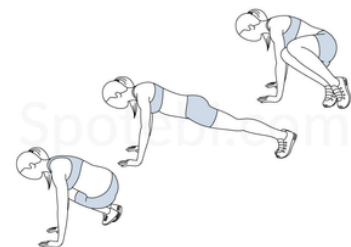
Sit Up

Lie down on your back, keep your knees bent, and your back and feet flat on the mat. Slowly lift your torso and sit up. Return to the starting position by rolling down one vertebra at a time. Repeat the exercise until set is complete.



Skaters

Lean forward, jump to the right, bring your left foot behind you, and bring your left arm in front of you. Jump to the left, bring your right arm in front of you and your right foot behind you. Repeat this side-to-side movement until the set is complete.



Ski Abs

Start with your body in a straight line, your hands slightly wider than shoulder-width apart and feet together. Bend your knees and jump, bringing both feet to the front and slightly to the left side. Jump again to return to the starting position and then repeat on the right side. Continue alternating sides until the set is complete.

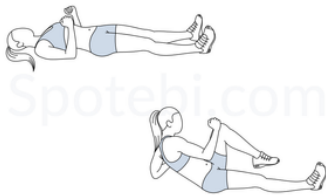
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Spiderman Push Ups

Place your hands under the shoulders and extend your legs back. Start bending your elbows as you bring your left knee to the left shoulder. Push up and return to the starting position. Repeat on the right side and keep alternating sides until the set is complete.



Sprinter Crunch

Lie on your back with your legs fully extended and your arms bent and by your sides. Lift your torso off the floor, bend your right leg and bring your right knee close to your left elbow. Slowly return to the starting position, and crunch to the opposite side. Repeat until the set is complete.



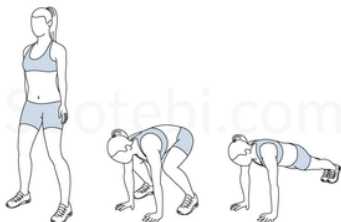
Squat

Stand up with your feet shoulder-width apart. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees. Press your heels into the floor to return to the initial position.



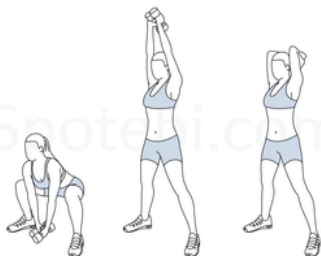
Squat Jacks

Stand straight with your feet together and hands by your sides. Jump up, spread your feet and bend your knees pressing your hips back. Push through the heels to jump back up and return to the starting position.



Squat Thrust

Stand straight with your feet shoulder-width apart. Squat and place your hands in front of your feet. Jump back and get into a push-up position. Jump again, bringing the legs toward your palms, and stand up. Repeat until the set is complete.

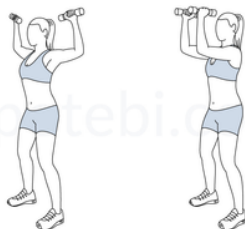


Squat With Overhead Tricep Extension

Stand with your feet a little wider than shoulder-width apart, hold a dumbbell in each hand and raise your arms up and over your head. Squat until your thighs are parallel to the floor, and lower the dumbbells to the floor. Stand up, lift the dumbbells over your head, bend your elbows and lower the dumbbells to the back. Repeat until the set is complete.

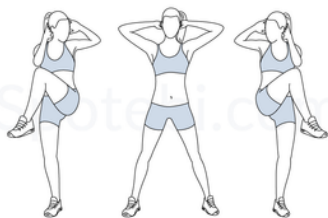
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Standing Chest Fly

Stand with your feet shoulder-width apart, your arms out to the sides, and hold a dumbbell in each hand. With your palms facing forward and your elbows directly under your wrists, raise the dumbbells until your upper arms are parallel to the floor. Bring your elbows and forearms toward the midline of the body and then return to the starting position.



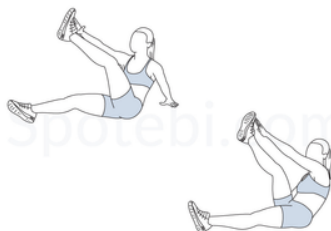
Standing Criss-Cross Crunches

Stand up straight with your feet hip-width apart and your hands behind your head. Bend your right leg and lift your knee as high as you can. Rotate your torso to the right and bring your right knee to your left elbow. Repeat on the opposite side and keep alternating sides until the set is complete.



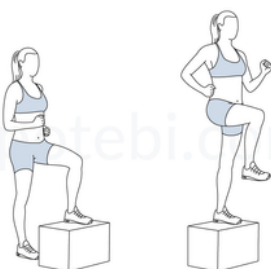
Standing Side Crunch

Stand with your knees slightly bent, your feet hip-width apart, and your hands behind your head. Shift your weight to the left leg, crunch to the right side, and bring your right knee up toward your elbow. Lower your right leg and return to the starting position. Switch legs and repeat until set is complete.



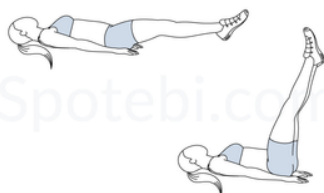
Star Toe Touch Sit Ups

Lie on your back with your legs fully extended and your arms out to the sides. Raise your right leg and your torso simultaneously, and reach your left hand toward your right foot. Return to the starting position, and repeat on the opposite side.



Step Up Knee Raise

Place a box or a step in front of you and stand up straight. Step onto the box with your left foot and drive your right knee up. Step down with your right foot and alternate legs until the set is complete.



Straight Leg Raise

Lie on your back with your hands by your sides or underneath your glutes. Keep your legs straight or just slightly bent. Raise your legs until your body is in an L shape. Pause, lower both legs slowly and then return to the starting position. Repeat until set is complete.

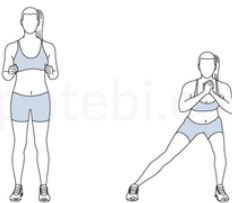
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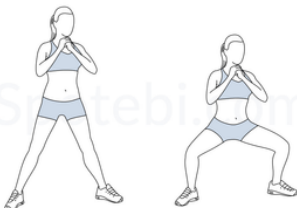
Side Lunge to Curtsey Lunge

Stand tall with your feet hip-width apart. Step out to the side with your right leg and lunge. Keeping your weight in the left foot, take a big step back with your right leg, crossing it behind the left. Bend your knees until your left thigh is parallel to the floor, and then step out to the side with your right leg. Can add weight by holding a weight in front of your chest or a weight in each hand.



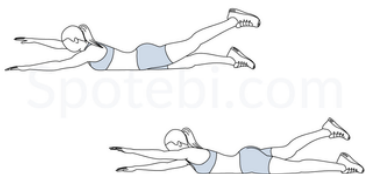
Side Lunge

Stand straight with your feet hip-width apart. Step out to the side and transfer your weight to that leg. Use your lead foot to push you back to the starting position. Repeat and then switch sides.



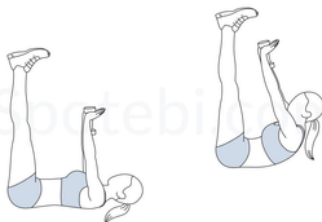
Sumo Squat

Stand with your feet in a wide stance and with your toes pointing out to the sides. Lower yourself by bending your knees and pressing your hips back. Once your thighs are parallel to the floor, come back up and repeat.



Superman

Lie face down on a mat, with your arms and legs fully extended. Lift one arm and the opposite leg off the floor, by arching your back. Hold for a count of 2, return to the starting position and repeat with the opposite arm and leg. Alternate until the set is complete.



Toe Touch

Lie on your back holding a dumbbell, and lift your legs until they're perpendicular to the floor. Extend your arms, lift your shoulders off the floor and try touching your feet with the dumbbell. Return to the starting position and repeat.



Tricep Dips

Place your hands behind you onto a chair, so that your fingers face forward. Extend your legs and start bending your elbows. Lower your body until your arms are at a 90-degree angle. Lift your body back up until your arms are straight. Repeat.

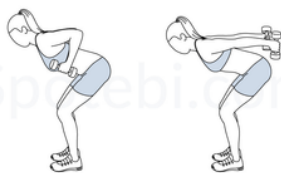
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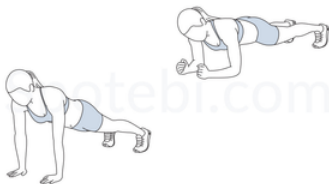
Tricep Extension

Grab a dumbbell and stand straight with your feet shoulder-width apart. Raise your arms and, with your elbows pointing forward, start lowering the dumbbell. Slowly raise the dumbbell to the starting position and squeeze the triceps. Repeat.



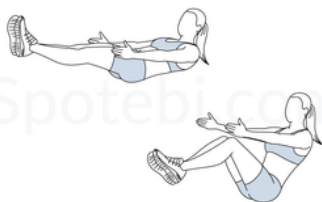
Tricep Kickback

Grab a set of dumbbells, bring your torso forward and bend your knees slightly. Bring your elbows up, so that your upper arms are parallel to the floor, and kick back until your arms are fully extended. Slowly lower the weights to the starting position. Repeat.



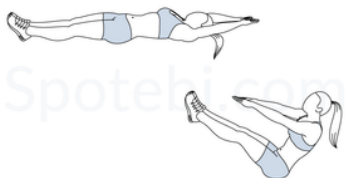
Up Down Plank

Start in a plank position, with your wrists under your shoulders and your feet hip-width apart. Bend your left arm, place your left elbow on the mat and then bend your right arm and place your right elbow on the mat. Place your left hand on the mat, straighten your left arm and then place your right hand on the mat and straighten your right arm. Switch sides and repeat this up and down movement until the set is complete.



V Sit

Start on your back with your legs at a 45-degree angle and with your hands and shoulders off the floor. Lift your torso up and bend your knees. Straighten your legs and slowly lower your torso back to the floor. Repeat until the set is complete.



V Ups

Lie on a mat with your legs fully extended and your arms extended over your head. Raise both legs and your torso simultaneously and reach toward your feet. Return to the starting position and repeat until the set is complete.

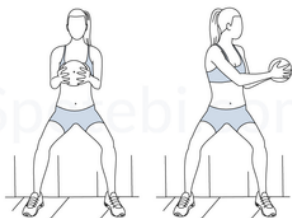


Wall Sit

Start in a squat position, with your thighs parallel to the floor and your back against a wall. Hold this position for as long as you can.

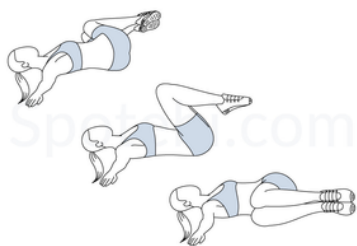
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Wall Sit Rotation

Start in a squat position, with your thighs parallel to the floor, your back against a wall, and hold a dumbbell or a medicine ball or a weight with both hands. Twist your torso to the right, and then reverse the motion, twisting it to the left. Repeat this movement until the set is complete.



Windshield Wipers

Lie on your back with your arms straight out to the sides. Lift your legs and bend the knees at a 90-degree angle. Rotate the hips to one side, without letting the legs touch the floor. Lift your legs and return to the starting position. Rotate the hips to the opposite side and repeat until set is complete.



Wood Chop

Stand straight with your feet shoulder-width apart and hold a dumbbell with both hands. Rotate your torso to the right and raise the dumbbell until it's over the right shoulder. Squat as you rotate your torso to the left and bring the dumbbell diagonally across the body until it's close to your left hip. Repeat and then switch sides.



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