

Daily Workout Routine

Instructions:

1. Workouts should be done accurately but quickly.
2. Take breaks when suggested but try to get through the workout with minimal breaks if possible. Each week increase repetitions by 5 OR increase sets.
3. If workout is too difficult decrease starting repetitions or sets; if workout feels too easy increase starting repetitions or sets.
4. All leg or arm exercises repetitions should be done on both sides (left and right)!
5. Always do your warm-up & cool-down exercises.
6. Stay hydrated ; drink plenty of water before and after you exercise.

Definitions:

- Repetitions are how many times you do each individual exercise.
- Sets are the number of times you complete the entire routine.

Example: doing 10 push-ups 3 times.

10 is the number of repetitions and 3 is the number of sets.



Daily Workout Routine

Warm-Up: Do before each days exercises

Sets: 1 Reps: 5

Forward lunges	Arm circles
Backward lunges	Quad stretches
Side lunges	Butt kicks
Frankenstein kicks	High knees



Cool-Down: Do after each days exercises

Hold each stretch for 30 seconds

Shoulder stretch	Chest stretch
Triceps stretch	Touch toes
Hip flexor stretch	Quad stretch
Over head stretch	Butterfly stretch



Day 1: Arms

Sets: 3 Rest: 2 minutes

10 Push ups	20 Over head punches
20 Punches	5 Triceps pushups
10 Thigh taps	2 minute Speed bag punches
10 Shoulder taps	

Day 2: Abs

Sets 3 Rest : 2 minutes

10 Leg Raises	5 Knee crunches
20 Flutter Kicks	30 sec. Side Plank
5 Long arm crunches	10 Sit Ups

Day 3: Legs

Sets: 2 Rest: 2 minutes

20 Forward lunges	60 second wall-sit
20 Reverse lunges	25 Squats
20 Single leg bridges	25 Side leg raises

Day 4: Total Body

Sets 3 Rest:2 minutes

5x Up & down stairs	30 Jumping jacks
10 Burpees	25 Squat jumps
1 Minute Plank	25 Mountain climbers

Day 5: Arms

Sets: 3 Rest: 1 minute

5 Triceps dips	10 Bicep extensions
10 Arm chops	10 Push Ups
10 Arm Scissors	10 Arm circles
5 Triceps dips	

Day 6: Legs

Sets: 2 Rest: 2 minutes

20 Sumo Squats	20 Leg extensions
40 Side leg raises	20 Fire hydrants
20 Deep side lunges	40 Side leg raises

Day 7: Rest Day

Do warm-up & cool-down stretches

Warm Up & Cool Down Instructions

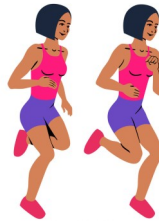
Arm Circles

Arms out like a T, spin arms forward and backwards.



Butt Kicks

Bring foot back towards your lower back.



High Knees

Bring knee to chest, then back down.



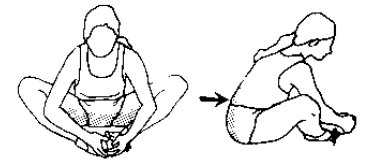
Hip Flexor Stretch

In a lunging position lean forward into hips.



Butterfly Stretch

Sit with knees out and feet touching and lean forward.



Shoulder Stretch

Bring arm across body and hold.



**STAY
HYDRATED**

Triceps Stretch

Bring arm back behind head and hold.



© fopendports.com

Frankenstein Stretch

Bring one leg up fully extended and reach hand to foot.

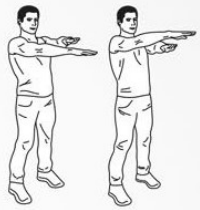


Quad Stretch

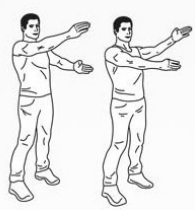
Grab your ankle and pull towards your lower back.



Arm Workout Instructions

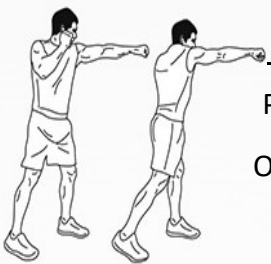


Arm Chops & Scissors



Chops: Arms straight out in front and **horizontally** move them quickly.

Scissors: Arms straight out in front and **vertically** move them quickly.



Punches & Overhead Punches

Punches are straight out.
Overhead are above head.
Keep feet shoulder width apart.



Speed Bag Punches

Pretend there is a punching bag in front of you, keep arms up and throw little punches above head.



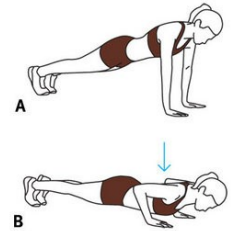
Triceps Dips

Using a chair, place hands on seat and dip by bending elbows and keeping butt off ground.



Triceps Push-Ups

Hands are closer together. Be sure to keep your butt down and core tight. Slow and controlled up and down motion.



Shoulder Taps

In plank position lift one hand off ground and tap opposite shoulder. Then go back into plank position and repeat with other hand and shoulder.



Thigh Taps

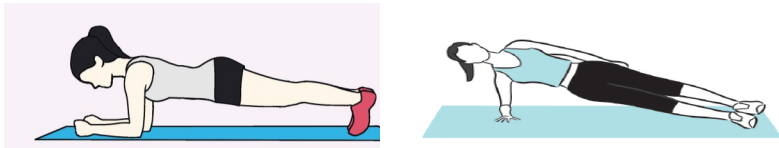
In a plank position lift one hand off ground and tap thigh on same side. Then go back to plank position and repeat with other hand and thigh.



Ab Workout Instructions

Plank/Side Plank

Keep core tight and do not let your butt sink in or stick out.



Long Armed Crunches

Similar to a basic crunch except your arms and legs are fully extended.



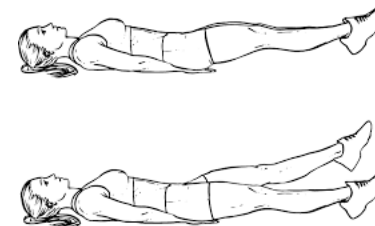
Knee Crunches

Laying down with arms behind head, bring one knee to your opposite elbow and opposite leg straight out. Then switch other leg to opposite elbow.



Flutter Kicks

Laying down lift both legs about 2 inches off ground. Then bring one leg up and move the other down to “flutter” legs.



Leg Raises

Lift both legs up at the same time. Keeping your back, head and shoulders on the ground. Slow and controlled the whole time and tightening core (abs).



Leg Workout Instructions

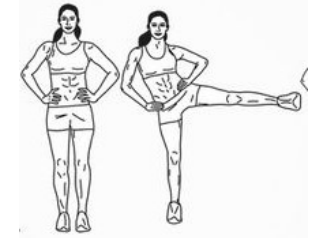
Deep Side Lunges

Step to one side, keep core tight and lean into it by bending knee.



Side Leg Raises

Standing, core tight lift one leg at a time.



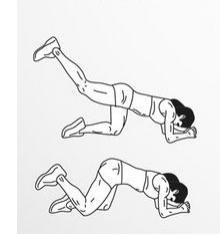
Sumo Squats

Deep side lunge into a squat. Keep shoulders back and head up.



Leg Extensions

In a plank position with knees bent, lift one leg at a time and fully extend.



Fire Hydrants

In push up position with knees bent lift one leg at a time to the side. Keep core tight.



Side Leg Raises

Laying on your side, use arm to support head, lift one leg up and down. Slow and controlled.



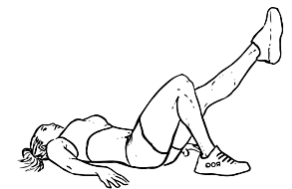
Forward & Reverse Lunges

Take a step forward or backward bending knee and leaning into it. Do not let knee touch the ground!



Single Leg Bridges

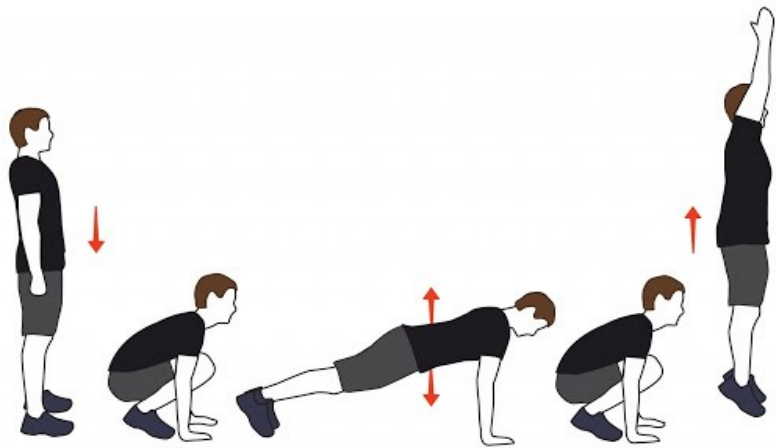
Laying down with one leg bent and one leg fully extending lift your butt and hips up into a bridge.



Whole Body Workout Instructions

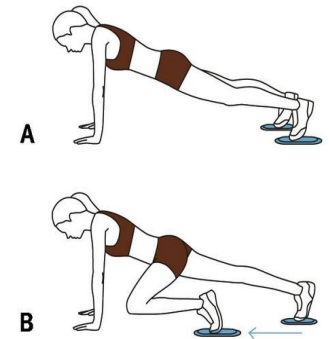
Burpee

Start standing, squat (like a frog), pushup position, do a push up, squat (like a frog), end with a big jump!



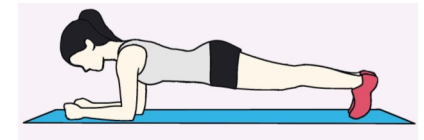
Mountain Climbers

In a push up position, bring knee to elbow, then back down; bring other knee to elbow.



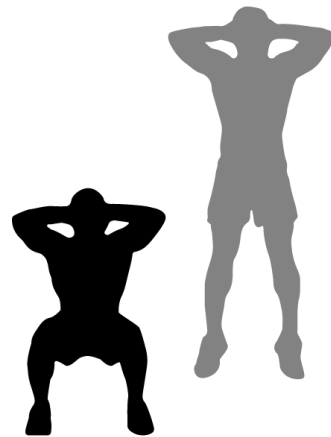
Plank

Keep core tight and do not let your butt sink in or stick out.



Squat Jump

Squat down, keeping head up and shoulders back. Jump up high and land in the squatting position.



Up and Down Stairs

Run up and down your stairs as fast as you can!

(No stairs? Find a small sturdy box or one step and repeat up and down for 1 minute.)



Workout Challenges

Instructions:

1. Always do your warm-up & cool-down exercises.
2. Workouts should be done accurately but quickly.
3. Take breaks when suggested but try to get through the workout with minimal breaks if possible.
4. If workout is too difficult decrease starting repetitions or sets; if workout feels too easy increase starting repetitions or sets.
5. Stay hydrated ; drink plenty of water before and after you exercise.

Definitions:

- Repetitions are how many times you do each individual exercise.
- Sets are the number of times you complete the entire routine.

Example: doing 10 push-ups 3 times.

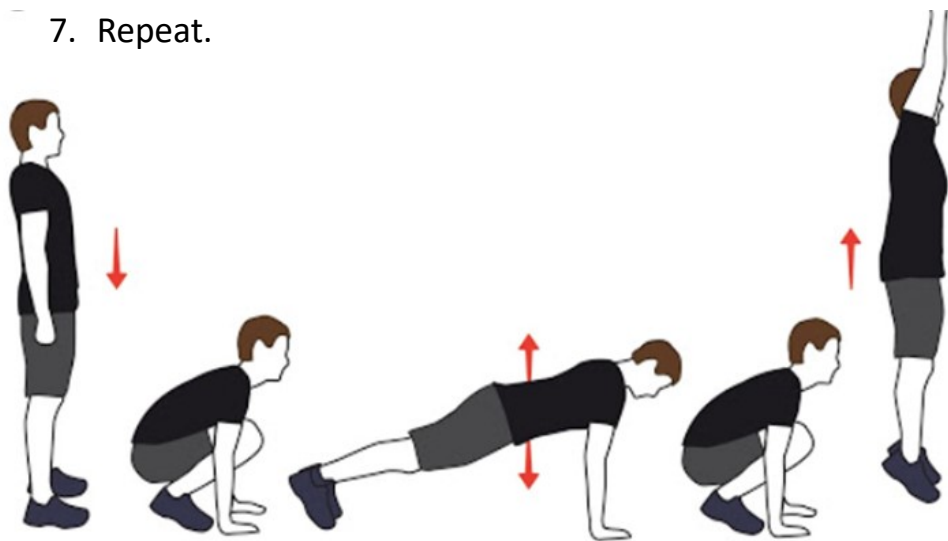
10 is the number of repetitions and 3 is the number of sets.

Workout Challenge # 1

The Burpee

How To Do It

1. Start in a standing position.
2. Crouch down with knees bent, head up, and hands on the ground.
3. Kick legs out so you are in push-up position.
4. Do a push-up.
5. Bring legs in so you are in same position as step 3.
6. Big jump!
7. Repeat.



The Challenge

Duration: 15 minutes

1. Set a timer for 15 minutes.
2. Start the timer and do 1 burpee and rest for the remainder of the minute.
3. At 2 minutes do 2 burpees and rest for the remainder of the minute.
4. At 3 minutes do 3 burpees and rest for the remainder of the minute.
5. Continue this pattern until you are at 15 minutes, where you will do 15 burpees in one minute.

As you increase the number of burpees you will have less time to rest.

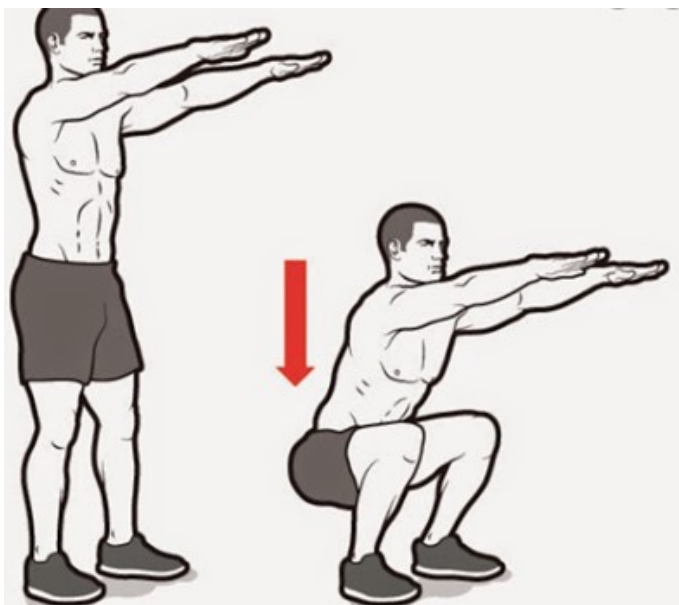
Sounds easy?
Give it a go... this is MUCH harder than it sounds.
GOOD LUCK!

Workout Challenge # 2

Squats

How To Do It

1. Start with legs shoulder width apart.
2. Arms straight out in front of you.
3. Bend knees and lower body down to the ground.
4. Do not let your butt touch the ground.



The Challenge

Duration: 30 Days

1. Use the calendar below to track your progress.
2. Each day you will do 10 squats.
3. Each week you will increase the number of squats by 10.
10 squats too easy?

Start with more (whatever you are comfortable with) and increase by 10 each week.

GOOD LUCK!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Workout Challenge # 4

Abs

The Challenge:

Duration: 12 minutes for 30 Days

1. Set a timer for 12 minutes.
2. Do each exercise for 1 minute.
3. Rest for 2 minutes.
4. Repeat.

Use the calendar to keep track of your 30 days.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Exercise # 1: Sit-ups

Laying down with knees bent, put arms across chest or by sides. Sit up so your chest is touching your knees, then lay back down.



Exercise # 2: Plank

Keep core tight and do not let your butt sink in or stick out.



Exercise # 3: Leg Lifts

Laying down with arms by your sides, lift both legs up, tightening your core. Then slowly and controlled bring them down.



Exercise # 4: Russian Twists

Sitting bend your knees and lift your legs up while also lifting your back up, tightening your core. Twist side to side without touching the ground.



Exercise # 5: Scissor Kicks

Laying on the ground with hands by side, lift your legs up about 2 inches off the ground. Bring your left leg over your right leg, then your right leg over your left.



Exercise # 6: Reverse Crunches

Laying down, with hands by your side, bend your knee and lift them towards your head. Then bring them down. Try not to let your legs down the entire time.



Family Workout Challenge

What better way to workout than with your family?!

Here is a fun game the entire family can engage in together to have fun and get fit!

Materials

1. Paper
2. Pen/pencil
3. Scissors
4. Two Dice
5. Large bowl
6. Room to exercise

Set Up

1. Cut out small pieces of paper.
2. Write down exercises your family knows how to do. (Here is a few to get your brain started: jumping jacks, push-ups, crunches, sit-ups, running in place, wall sits, burpees, planks, Russian twists, side crunches, side planks... Have fun and look up new exercises!)
3. Use a large bowl to mix them all up.

How To Play

1. The youngest person goes first.
2. When it's your turn pull out an exercise from the bowl.
3. Then roll one dice to see how many repetitions of the exercise you have to do.
4. Then roll the other dice to see how many sets you have to do.
5. As a family do the workout together!

