

Stay Fit, Stay Healthy! At-Home Workouts

From your TFN Parks and Recreation Team

Six-Pack Blast Workout Routine

Dynamic Movements: (1 minute each)

Exercise 1. Cross Body Butt Kickers:



Stand up straight with your legs slightly wider than your hips.



Bring one heel off the floor toward the opposite glute muscle.



Repeat this movement on the other side. Continue the exercise at your desired speed -- move slowly to strengthen or quickly to boost cardio.

Exercise 2. Cross Body High Knees:



Stand with your feet hip-width apart. Lift your left knee to the opposite side of your chest



Switch to lift your right knee to the opposite side of your chest



Continue the movement alternating legs and moving at a sprinting or running pace.

Workouts: (3 sets of 15 each)

Exercise 3. Single Leg Balance Reach:



Stand with your back straight, contracted abs and feet hip-width apart



Stretch your right leg out in front of you, hold this position for a few seconds, then bring it back next to your left leg.



Extend your right leg behind your body and reach your right arm down towards your left leg and hold for several seconds before returning to standing position. Repeat with your left leg.

Exercise 4. V-Sit:



Slowly lift your legs up to an extended position at a 45-degree angle with your torso. Reach your arms straight forward or reach up toward your shins as you are able. Breathe deeply during the movement



Hold this V-shaped position for several seconds then return to your starting position slowly while continuing to keep your abs engaged and tight.



Just before you reach the floor, stop and hold the position for a few seconds. Repeat movement.

Exercise 5. Russian Twist:



Sit on the floor with your knees bent and feet flat on the floor (easier) or raised up off the floor (more difficult).



Twist your torso to the right, and then reverse the motion, twisting it to the left.



Repeat this movement until set is complete.

Exercise 6. Classic Sit-Ups:



Begin by lying down on your back, knees bent and feet flat on the floor. Cross your arms across your chest.



Squeeze your abs and lift your trunk directly toward the ceiling, far enough so your shoulders come off the ground.



Hold this position for 1-2 seconds, then return slowly to the starting position. Repeat.

Exercise 7. Leg Raise Crunch:



Lie flat on back with hands by your sides, legs extended out with heels lifted about six inches off the floor, toes pointed.



Bend and draw your knees into chest and raise hips slightly off the floor. Slowly lower back to the start position. Repeat 8 times, for 3 sets total.

Static Stretches: (Hold for 30 seconds each)

Exercise 8. Standing Quadricep Pull:



Stand on one leg. If you need support, hold onto something solid, such as a wall or chair. Bend your right knee and bring your heel toward your buttock.



Reach for your ankle with your opposite (left) hand. Breathe deeply and hold the stretch for 30 seconds, release and repeat on the left leg.

Exercise 9. Standing Shoulder Stretch:



Stand with feet hip-width apart. Reach the right arm up straight toward the sky then bend the right arm at the elbow. Keeping the elbow raised, reach the right hand over the head and down the back.

Stretch the left arm toward the right elbow and grip the left hand to the right elbow, holding it in place for up to 30 seconds and taking deep breaths during. Repeat with opposite arm.

Exercise 10. Sitting Hamstring Reach:



Sit on the floor with one leg out straight.



Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh.



Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible and hold for up to 30 seconds. Repeat with the other leg.



You're finished! Keep practicing these exercises daily and keep active during the COVID-19 quarantine. Practice Physical Health along with your Physical Distancing! And have fun!