

Stay Fit, Stay Healthy! At-Home Workouts

From your TFN Parks and Recreation Team

"Boot Camp Burn" Workout Routine: Week 3

Dynamic Movements: (1 minute each)

Exercise 1. Karaoke:



Cross your right foot over and in front of your left foot with your arms out to your sides



Step open and out to the side with your left foot. Cross your right foot behind your left foot.



Continue moving laterally then repeat the movement in the opposite direction.

Exercise 2. Butt Kickers:



Stand up straight with your legs slightly wider than your hips. Bring one heel toward your glutes.



Repeat this movement on the other side. Continue the exercise at your desired speed



Move slowly to strengthen or quickly to boost cardio.

Workouts: (3 sets of 15 each)

Exercise 3. Quarter Turns:



Face forward, knees bent. Hop to right side with both feet (try to keep face forward).



Hop back to starting position, then hop left side.



Continue this movement for 1 minute.

Exercise 4. Kickbacks:



Start on all fours. Knees hip-width apart, hands under your shoulders, neck and spine neutral. Bracing your core, begin to lift your right leg, knee staying bent, foot staying flat, and hinging at the hip.



Use your glute to press your foot directly toward the ceiling and squeeze at the top. Ensure your pelvis and working hip stay pointed at the ground. Return to starting position and repeat with opposite leg.

Exercise 5. Explosive Push-ups:



Assume a push-up position.



Bend elbows and lower body until your chest nearly touches the floor.



Explosively press yourself up so that your hands leave the floor. Land with your arms extended and reset your body back to starting position.

Exercise 6. Plank Walkout:



Stand straight with feet and knees together. Place your hands on the ground.



Slowly walk your hands out until you are in a push-up position and pause.

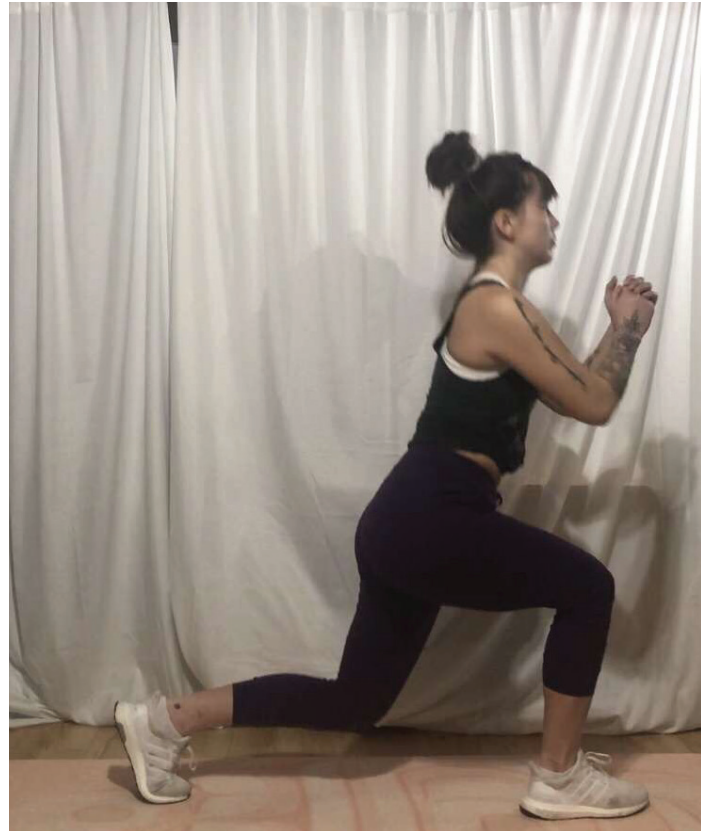


Slowly walk your hands back, keeping your legs straight until you are in a standing position

Exercise 7. Lunges



Feet hip-width apart. Take a big step forward and start to shift your weight forward so heel hits the floor first.

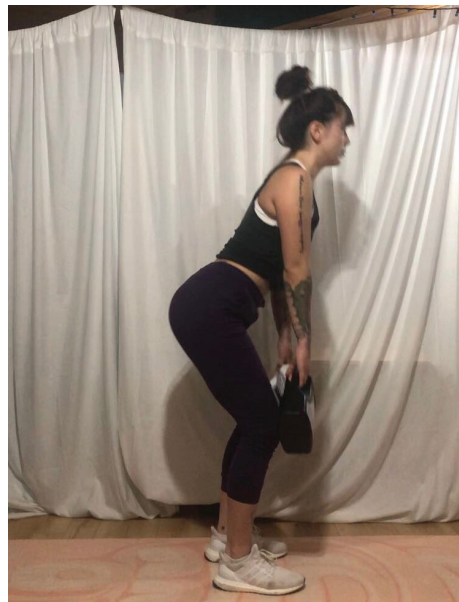


Lower your body until forward thigh is parallel to the floor and forward shin is vertical. Press into forward heel to drive back up to starting position. Repeat on other side.

Exercise 8. Deadlifts: requires 1 or 2 items with handle and some weight (ex: 2 water jugs, 2 detergent bottles, 1 backpack, etc)



Pull your hips down. Position your shoulders over the item(s) in your hands. Slight bend in knees.



Lift your chest and straighten your lower back.



Take a big breath and stand up with the weight, pushing your chest out and pausing. Repeat.

Static Stretches: (hold for 30 seconds each)

Exercise 9. Sitting Quadricep Pull:



Sit on the floor and bend one knee so that your heel is placed by your glute with your toes pointing behind you. Bend your other leg and place the foot around the inside of your other knee.



Lean back to stretch your quads. Hold for 30 seconds then switch legs.

Exercise 10. Seated Torso Twist:



Cross one leg over the other and place the front of that leg on the ground. With the hand of the straight leg side, pull the bent knee 45 degrees towards your back pocket.



Feel a stretch in the leg and glute muscles. Hold for 30 seconds and repeat on the other side.



You're finished! Keep practicing these exercises daily and keep active during the COVID-19 quarantine. Don't forget to drink plenty of water during and after your workout. Practice Physical Health along with your Physical Distancing! And have fun!