Home workout 1

March 20, 2020

Being at home and trying to have enough resistance during your workout is a challenge. Try to be creative. This program will give you a few options.

Warm up => can be an option. A few examples for a warm up:
- Running outside.
- Walk / run up and down stairs.
- Jogging, while staying at one spot. And/or do Jumping Jacks, Knees up, heels to glutes etc.
- Burpees; good form and an intensity build up see: https://www.womenshealthmag.com/nl/trainen/fitness/a26942097/burpee-good-form/

Muscle strength exercises
* Do your exercises slow and controlled; Abs tight and a straight back
* Use a total Range Of Motion (ROM) while preforming the exercises!

Do every exercise 10 to 12 reps and continue to the next one. 2 to 3 times alle the exercises in a row. So, after the abs, start with the Squat for the 2nd set.

1. Squat chair standing behind you, bent your knees, touch the chair with your glutes.
2. Lunge Static lunge, Right and Left; Right foot in front, left foot behind; bent your left knee until the knee almost touches the floor.
3. Push Ups hands under shoulder line, bent the arms so your upper body is going down, Create an straight line from you shoulder to your heels. Option: on your knees. Make sure your hands are under your elbows! Elbows to the side, hands wider!
4. Push ups, hand together hands straight under your shoulders, arms stay close to your body while bending your elbows. Elbows touch your ribs
5. Back Extension + Lying on your abs: 1 bottle (filled?) in both hands, bottle above your head, extending your arms AND lift one leg. Switch legs every repetition.
6. Abdominal a. Crunch hands behind your head, lift your shoulder of the floor and lower a little. Your shoulder stay above the floor during the 10 to 15 rep.
   b. Criss Cross hands behind your head, left leg straight, right bent, turn your upper body to the right knee and switch. See: https://www.youtube.com/watch?v=gzaCxDVQL90

Tips:
- If necessary use the chair for balance.
- Make an exercise heavier by doing it super slow => 4 : 4 (4 counts down : 4 counts up)
- Use full bottles / bigger bottles as resistance. Or books if you still using them.

Have fun and take care! Questions? Mail: j.seijger@vu.nl