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NO GYM, NO PROBLEM

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Healthy at Home



NO GYM NO PROBLEM

Maintain your workout routine at home, no equipment necessary. Keep your body healthy and happy while social distancing. Try one (or all) of our workouts below!

Beginner Bodyweight Home Workout – No Equipment Needed!

By Jessica Malen



WARM UP – TRY YOUR BEST TO COMPLETE ONE MINUTE OF EACH EXERCISE. EACH EXERCISE HAS CONTROLLED MOVEMENTS TO HELP YOU FOCUS ON YOUR FORM.

1. Boxer Shuffle
2. Body Weight Squats
3. Alternating Butt Kickers
4. Front Lunges
5. Opposite Toe Touches

WORKOUT – COMPLETE EACH ROUND ONE TO THREE TIMES.

ROUND 1 (COMPLETE 10 TO 15 REPETITIONS (REPS) OF EACH EXERCISE.)

1. Bodyweight Squats
2. Incline Pushups (You can modify this move by dropping to your knees, if needed.)
3. Donkey Kicks
4. Triceps Dips (using a chair or table)
5. Mountain Climbers

ROUND 2 (COMPLETE 10 TO 15 REPS OF EACH EXERCISE.)

1. Reverse Lunge With Overhead Press (To add weight, use dumbbells, milk jugs or water bottles.)
2. Lying Hip Raise
3. Alternating Leg Raises
4. Plank Jacks
5. 30- to 60-Second Plank Hold



How to Complete Each Exercise Safely

BOXER SHUFFLE:

To perform this low impact cardio exercise, just shift your weight from one leg to the other while alternating your feet rhythmically and switching from one foot to the other.



BODYWEIGHT SQUATS:

1. Stand with your feet shoulder-width apart. You can place your hands behind your head. This will be your starting position.
2. Begin this move by flexing your knees and hips, sitting back with your hips, and keeping your weight in your heels.
3. Lower your buttocks as far down as you can go while keeping proper form, and quickly reverse the motion until you return to your starting position. As you squat, keep your head and chest up and push your knees out.

ALTERNATING BUTT KICKERS:

1. Stand with your legs shoulder-width apart. Your arms should be bent at your sides.
2. Flex your right knee and kick your right heel up and back toward your gluteus maximus muscles ("glutes" for short), or your buttocks. Bring your right foot back down.
3. As the right leg comes down, flex your left knee and kick your left foot up and back toward your glutes. Swing your arms as if you were jogging.
4. Repeat. To increase the intensity, pick up the pace.



FRONT LUNGES:

1. Stand with your feet about 6 inches apart from each other and keep your toes pointed forward.
2. As you INHALE: Step forward with one leg and lower your body to 90 degrees at both knees. Don't step out too far. There should be 2 to 2.5 feet between your feet at this point. Keep your weight on your heels and don't allow your knees to cross the plane of your toes.
3. As you EXHALE: Push up and back to the starting position to complete one rep. Repeat all reps on one leg, then switch to complete one set.

Note: Keep your back upright. The further you step, the more you work your gluteus maximus muscles ("glutes" for short, or your buttocks) and hamstrings. The closer you step, the more you work your quadriceps muscles ("quads") on the top of your thighs. Place your hand on a chair or wall for balance if necessary.



OPPOSITE TOE TOUCHES:

1. Start in a standing position with your feet shoulder-width apart and arms held out to your sides at shoulder-height.
2. Then, bend forward at the waist while twisting your body so you can touch the fingertips of your right hand to the toes of your left foot.
3. Lift your torso back up, returning to the starting position, and repeat the move but twist to the right to touch your left fingertips to your right foot.
4. Stand upright once more and repeat the movement, alternating sides as you go.

INCLINE PUSHUPS:

1. Stand facing a bench or sturdy, elevated platform. Place your hands on the edge of a bench or platform, slightly wider than your shoulder width.
2. Walk your feet back so your body is in a straight line and your hands are directly below your shoulders. Your arms should be perpendicular to your body. Keeping your body straight, lower your chest to the edge of a box or platform by bending your elbows.
3. Push your body up until your arms are extended. Repeat this move.



DONKEY KICKS:

1. Get on all fours on a mat or the floor. Make sure your hands are under your shoulders and your knees are under your hips.
2. Keeping your right knee bent at 90 degrees, flex your right foot and lift your knee up and back to hip level.
3. Lower your right knee without touching the floor and lift it back up again. Do 10 to 15 reps on each side.
4. Switch legs and repeat this move.

TRICEPS DIPS:

1. Position your hands shoulder-width apart on a secured bench, table or a stable chair.
2. Slide your buttocks off the front of the bench or chair with your legs extended out in front of you.
3. Straighten your arms, keeping them slightly bent in the elbows to keep tension on your triceps and off your elbow joints.
4. Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Be sure to keep your back close to the bench.
5. Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning you to the starting position. This completes one rep.
6. Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.



MOUNTAIN CLIMBERS:

1. Start in a plank position with arms extended. Your upper body stays in position (getting the benefits of a plank), while the motion of your legs is like you are running in place.
2. For beginners, this exercise can be done slowly with each foot touching the floor at the same time as you bring one knee to your chest and then the other.
3. For a more advanced workout this exercise can be done quickly with your front foot staying off of the floor like you're running in place.

Note: Be sure to keep your buttocks down and your spine straight. Mountain Climbers can be performed either for a certain number of repetitions or for a length of time.



REVERSE LUNGE WITH OVERHEAD PRESS:

1. Start standing with your feet hip-width apart and the dumbbells to each side of your shoulders with your elbows bent and below your wrists with your palms facing forward.
2. Step back with your left foot and bend both knees to lower your body until your right knee is bent at least 90 degrees into a lunge position.
3. At the same time, press the dumbbells upward until your arms are extended overhead.
4. Reverse the movement by lowering the weights back to shoulder height, then returning to a standing position. That's one rep.
5. Finish 10 to 15 reps on one leg, then switch to the other leg.

LYING HIP RAISE:

1. Lie on your back on the floor with your knees bent and your feet flat on the ground.
2. Place your arms out to your sides at a 45-degree angle.
3. Brace your core. Imagine you're about to be punched in the stomach. Then, squeeze your glutes tightly.
4. Then, raise your hips up so your body forms a straight line from your shoulders to your knees.
5. Pause for five seconds while you keep your core braced and continue to squeeze your glutes.
6. Then lower body back to the starting position.
7. Repeat and don't forget to breathe!

Note: Your torso and hips should move as one unit. The arch in your lower back should remain the same from start to finish. This way, you're primarily doing the work with your glutes, not your lower back and hamstrings.



ALTERNATING LEG RAISES:

1. Lie spine (face up) on a bench or mat. Place your hands under your buttocks on each side to support your pelvis. Raise one leg up vertically with your knee nearly straight. If you are lying on the floor, raise your other leg slightly off the floor.
2. Keeping your knees nearly straight, simultaneously change positions of your legs so your vertical leg is lowered while your lower leg is raised vertically.
3. Continue alternating your legs.

Note: To decrease the intensity of this exercise, flex your knees along with your hips. Alternatively, perform this exercise on the floor and allow alternating heels to make contact with the floor for each repetition.

PLANK JACKS:

1. Start in a plank position with your elbows bent and your weight resting on your forearms.
2. Your body should form a straight line from your shoulders to your ankles.
3. Engage your core by contracting your abs and holding them in place.
4. Jump your feet out to the sides as if you were performing a jumping jack, but keep your upper body still.
5. Return your feet to the starting position and repeat.

Note: If the jump is too much, then step one foot out to each side at a time, then step them both back in one foot at a time.



PLANK HOLD:

1. Start by getting into a pushup position.
2. Bend your elbows into a 90-degree angle and rest your weight on your forearms. Make sure to not use your hands to support your weight.
3. Your body should form a straight line from your shoulders to your ankles.
4. Engage your core by sucking your belly button in toward your spine.
5. Hold this position for 30 seconds or if you can, longer!

Note: Alternatively, if this exercise is too advanced, you can perform the plank hold on bent knees instead.

20-Minute Total Body Advanced Home Workout – No Equipment Needed!

By Jessica Malen



SAFETY GUIDELINES

Remember to consult your physician before starting any exercise program. Discontinue exercise and seek medical attention should you experience any abnormal response, such as muscle, joint, or bone pain; chest pain or tightness; shortness of breath, etc. Be sure to use correct form and technique. Movements should be slow, controlled and through the joint's full range of motion.

FIVE-MINUTE WARM-UP (COMPLETE EACH EXERCISE FOR ONE MINUTE.)

1. Boxer Shuffle
2. Jumping Jacks
3. Sumo Squats
4. Walk-Out Planks
5. Front Lunges (Alternate with your left and right leg.)

WORKOUT – ROUND 1 (COMPLETE 15 REPS OF EACH EXERCISE.)

1. Burpees
2. Speed Skaters (15 reps per leg; 30 reps total)
3. Side Planks (20 to 40 seconds each side; Repeat two to three times on each side.)
4. Jumping Jacks
5. Jumping Front Lunges (15 reps on each leg; 30 reps total)

ROUND 2 (COMPLETE 25 REPS OF EACH EXERCISE.)

1. High Knees
2. Mountain Climbers (25 reps each side; 50 reps total)
3. Squat Jump With Claps
4. Russian Twists
5. Plank Taps

Finish strong with a 30-second plank hold!

COOL DOWN

Perform the following nine exercises for 30 seconds each:

1. Torso Rotation Stretch
2. Rocking Side Kicks
3. Rocking Butt Kickers
4. Ventral Pulls
5. Standing Quadriceps (left and right leg)
6. Leaning Hamstring (left and right leg)
7. Forward Bend with Rounded Back
8. Wall Chest Stretch
9. Rhomboid Pull

How to Complete Each Exercise Safely

Five-Minute Warm-Up Moves:

BOXER SHUFFLE:

To perform this low-impact cardio exercise, just shift your weight from one leg to the other while alternating your feet rhythmically, switching from one foot to the other.



JUMPING JACKS:

Stand with your feet together and your hands at your side. In the same motion, jump your feet out to either side and raise your arms up above your head. Simultaneously bring your arms and legs back in to your starting position. Repeat this move.

SUMO SQUATS:

1. To perform a sumo squat, stand with your feet significantly wider than hip-distance apart (about three to four feet), turn your toes out 45 degrees and hold your hands by your sides.
2. Keeping your weight back on your heels, keep your core tight and your back straight, lower yourself down by bending your knees and hips, while simultaneously raising your hands to meet under your chin.
3. Be sure to keep your knees behind your toes during the squat.
4. Once your thighs are parallel the floor, push through your heels, squeeze your glutes and return to the standing position for one rep.



WALK-OUT PLANKS:

1. Stand with your feet hip-width apart and your toes pointing forward.
2. Bend your knees slightly (or more if needed) and place both of your hands flat on the ground.
3. Keeping your legs extended and your feet planted, walk your hands away from your body, as far past your shoulders as you can, until you are in a full plank position.
4. During this exercise, keep your ears, shoulders, hips, and ankles in line. Keep your core tight and your hips level.
5. Hold this position for one count and then walk your hands back to your feet and slowly rise to a standing position.
6. Repeat this move.



FRONT LUNGES:

1. Start by stepping forward with one leg and planting your heel. Your back heel will come off the ground as you come up on your toes.
2. Bend your knees until both knees are at about 90-degree angles. Make sure your front knee is directly above your ankle, not dipping in, and make sure your other knee doesn't touch the floor, but instead hovers slightly above it.
3. Push through your forward heel as you squeeze your glutes and push back up to the starting position.
4. Repeat this move on your opposite leg.

Workout Moves: Round 1

BURPEES:

1. Stand with your feet hip-width apart and your arms at your side.
2. Lower your body into a squat position with your hands flat on the floor in front of you.
3. Kick your legs backward so you are in a pushup position and bend your elbows to lower your body to the floor.
4. Push your body back up to the pushup position and thrust both feet forward so you are back in the squat position.
5. Jump up and clap your hands over your head.
6. Repeat this move.



SPEED SKATERS:

1. From a standing position with your feet hip-width apart, leap out with your left foot, crossing your right leg back behind your left, with your toes touching the ground, and your right hand reaching across your body toward your left foot.
2. Repeat this move with the opposite side of your body, leaping out with your right foot as you cross your left leg behind and reach your left arm across your body. Continue alternating sides as quickly as possible.
3. Be sure to keep your core engaged and your eyes looking forward during this exercise. If it helps, imagine you are a speed skater racing on the ice and do your best to keep excellent form!



SIDE PLANKS:

1. Lie on the right side of your body, creating a straight line from your head to your feet. Lift your body up with your right arm by placing your forearm on the ground and keeping your right elbow at 90 degrees.
2. Your elbow should be directly under your shoulder.
3. With your abdominals contracted, lift your hips off the floor, maintaining a straight line from your ears to your shoulders to your hips and your ankles.
4. Keep your hips square and your neck in line with your spine.
5. Hold this position for 20 to 40 seconds, then lower your body. Repeat the side plank two to three times, alternating sides. (If this is too challenging, start with bent knees.)



JUMPING JACKS:

1. Stand with your feet together and your hands at your side.
2. In one motion, jump your feet apart and raise your arms up above your head.
3. Immediately reverse that motion by jumping back to the starting position for one repetition.

JUMPING FRONT LUNGES:

1. To begin, stand tall with your feet staggered, your left foot slightly in front of your right foot. Making sure you're not too stiff, keep your stance active with your knees bent in a slight but not full lunge.
2. With your core engaged, push off the bottom of both feet into a jump, switching the position of your feet in midair, landing in a basic lunge with your right leg in front.
3. Without resting, repeat this movement and alternate which leg is in front. To prevent injury, make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.

Note: This exercise requires a great deal of balance and stability. It is advised that a basic or walking lunge is perfected before attempting a jumping lunge. To modify, perform a walking or stationary forward lunge.



Round 2



HIGH KNEES:

1. Stand straight with your feet hip-width apart, looking straight ahead with your arms hanging down by your side.
2. Begin by lifting your knees to hip-height in front of you while simultaneously swinging your arms as if you were marching.
3. Quicken your pace so you are taking off and landing on the balls of your feet while continuing to lift knees as high as possible

MOUNTAIN CLIMBERS:

1. Assume a pushup position so your hands are directly under your chest at shoulder-width apart with straight arms.
2. Your body should form a straight line from your ears to your ankles and your core should be engaged with your hips level, not dipping.
3. While maintaining a tight core, lift your right foot off the floor and slowly bring your knee to your chest.
4. Return to the starting position and repeat with your left leg.
5. Continue alternating for the desired number of reps or time.
6. To increase the intensity of this exercise, simply pick up the pace.



SQUAT JUMP WITH CLAPS:

1. Lower into a squat position with your arms extended out to your sides, keeping your palms facing up.
2. Be sure your weight is back on your heels.
3. While pushing through your heels and squeezing your glutes, jump straight up, bringing your legs and arms together, clapping your hands overhead.
4. Land in the starting squat position.
5. Repeat this move.

RUSSIAN TWISTS:

1. Sit on the floor with your knees bent and feet flat on the ground.
2. Lean back slightly so your torso is at a 45-degree angle to the floor, making sure to keep your spine straight and not rounded.
3. Lace your arms straight out in front of your chest with one hand on top of the other.
4. While contracting your abs, twist slowly to the right as far as you can, pause, then reverse this movement all the way to the left as far as you can. The movement should come from your abdomen and not your arms.
5. Repeat this move.



PLANK TAPS:

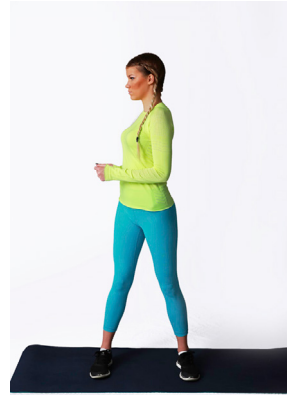
1. Begin in a full plank position with your feet hip-width apart.
2. Lightly tap your left shoulder with your right hand.
3. Return to the starting position. Immediately lift your left hand and tap your right shoulder.
4. Be sure to keep your core engaged, your hips level and your body in line from your ears to your ankles.
5. That's one rep. Repeat this move.

Cool Down Moves

TORSO ROTATION STRETCH:

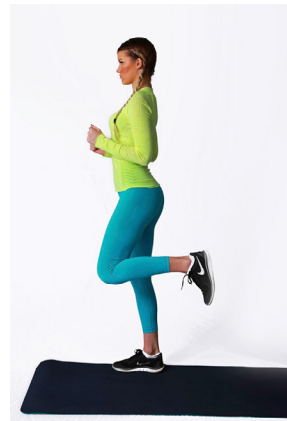
1. Stand with your feet shoulder-width apart.
2. Keeping your shoulders down, engage your abs, bend your elbows slightly and rotate your torso toward your right side while simultaneously contracting your abs.
3. Rotate your torso back through the center and over to your left side.
4. Continue rotating from side to side.

Note: The movement should come from your abs contracting.



ROCKING SIDE KICKS:

1. Stand with your feet shoulder-width apart. Rock to one side and kick out your alternate leg.
2. Alternate sides.



ROCKING BUTT KICKERS:

1. This exercise is just like the rocking side-kicks, except instead of kicking your alternate leg out, lift it up to meet your buttocks.
2. Alternate sides.

VENTRAL PULLS:

1. Lift your arms up together to shoulder height and pull them back down again while contracting the muscles in your back.
2. Rock from side to side – gently – to keep your feet moving.

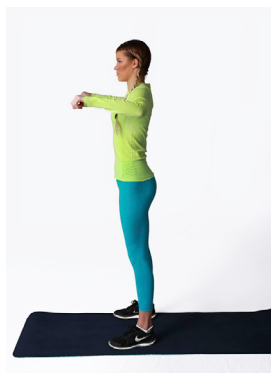


FORWARD BEND WITH ROUNDED BACK:

1. Sit on the floor, extending both legs straight out in front of you with your legs together.
2. Fold your torso over your thighs, gently rounding your back but keeping your legs straight. Hold this position for 30 seconds and then sit up.

DOORWAY CHEST STRETCH:

1. Stand in a doorway with your forearm against the door frame. Your elbow should be bent at 90 degrees, with your triceps parallel to the ground.
2. Place your feet in a staggered stance position with your back leg on the same side as your chest muscle being stretched.
3. Slowly shift your weight forward until a stretch is felt in the front of your shoulder and chest.
4. Hold this position for 30 seconds and switch sides.



RHOMBOID PULL:

1. Bend your arms to form two right angles.
2. Maintain the bend as you lift your arms up to shoulder height.
3. Pull your elbows back an inch while squeezing your shoulder blades together, then relax.
4. Draw your shoulders down and away from your ears during the entire movement.

15-Minute Home Cardio Workout – NO Equipment Needed!

by Kristy Hegner



Pressed for time but want to fit in exercise? No problem! Check out this simple 15-minute workout that will get your heart pumping without having to leave your house. You can modify it as necessary, especially if you are new to high-intensity activities or have any physical limitations. The important part is keeping your heart rate pumping!

WARMUP

Jog in place for one minute.

WORKOUT

COMPLETE EACH EXERCISE BELOW FOR 30 SECONDS WITH A 30- TO 60-SECOND REST IN-BETWEEN.

- High Knees
- Mountain Climbers
- Jumping Jacks
- Squats
- Pushups

Repeat for 15 minutes.

COOLDOWN

Walk slowly and stretch until you've reached a resting heart rate. Aim for about five minutes.



"15-Minute Body-Weight HIIT Workout," Shane Barnard, JD, blog.myfitnesspaul.com, April 10, 2016.

Yoga 101

by Jessica Malen



WHAT IS YOGA?

“Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation,” according to the National Center for Complementary Integrative Health.

For many, yoga means partaking in a popular fitness practice that focuses on body awareness, encompassing body, mind and spirit. It is generally a low-impact, safe form of exercise when practiced properly under the supervision of a well-trained instructor. Body awareness is a widespread teaching in yoga because yoga tends to push you out of your comfort zone to explore how your body can move differently.

TYPES OF YOGA

Yoga is a personal form of exercise and there are several methods suitable for all fitness levels. Since it is a personal form of fitness, you can find the yoga style and class that fits you. Here’s a summary of the most popular styles.

HATHA – In Hatha yoga, participants usually hold their posture for a few breaths, gaining time to explore each pose fully. Hatha yoga generally offers an introduction to the basic yoga postures.

IYENGAR – This particular method of yoga focuses on the precise alignment of the body, utilizing different props, such as blocks, straps, chairs and even a ropes wall (quite literally, rope loops attached to a side wall, which you can step into to help you hold your body in position).

VINYASA – In Sanskrit, *Vinyasa* means “flow.” Movement and breath are emphasized in this style of yoga, creating a vibrant flow from posture to posture. There is a variety of different types of Vinyasa, such as Ashtanga or Jivamukti. Music is often played to keep things energetic.

RESTORATIVE – This method focuses on relaxing and restoring the body. Props are often used to support the body in various poses, such as bolsters, blankets and blocks. These props are used to allow the person to experience the full benefits of each pose without having to exert extra effort.

BIKRAM – This form of yoga was developed by Bikram Choudhury. Bikram is performed in a heated room (up to 105 F) and goes through a series of 26 poses; they are almost always the same, no matter where the class is taken.

POWER – Power yoga is a faster, high-intensity practice that builds muscle.

Benefits of Yoga

One wonderful thing about yoga, compared to other forms of exercise, is that it is for people of all fitness levels and all ages. Even those new to yoga can do the most basic poses and stretches and reap the benefits. There are numerous benefits of practicing yoga.

Practicing yoga can help:

- Improve your relaxation and focus
- Increase your flexibility, strength and overall physical fitness level
- Enhance your mood
- Reduce back pain
- Improve your quality of life
- Decrease symptoms of stress, anxiety, depression and insomnia
- Lower your heart rate and blood pressure
- Support your mind-body connectedness by helping you advance with new poses over time

HOW TO BEGIN PRACTICING YOGA

1. Before beginning any fitness regimen, consult your health care provider, especially if you have a medical condition or are pregnant.
2. Invest in a yoga mat and comfortable clothing. (If you don't want to spend the money just yet, try a towel or blanket, though it may slip on wood flooring.)
3. While performing yoga, pay attention to proper form and alignment to avoid damaging joints and muscles.
4. Practice basic poses at home.
5. Listen to your body. Move at a pace that feels right for you and if a pose hurts, stop.
6. Remember to breathe!
7. It is important to remember that every individual is unique and your body changes from day to day. Sometimes a pose will be effortless; other days, your muscles may be tight or your body may be tense. Take it slow and try not to get frustrated.
8. Just because you can't accomplish a pose today doesn't mean you won't get it. Practice and over time, your body will surprise you.
9. Have fun and enjoy the process.

Four Basic Yoga Poses for Beginners

**Names of yoga poses in both English and Sanskrit*

CHILD'S POSE | *Balāsana*

1. Sit down on your mat. Exhale and lower the hips to the heels and forehead to the floor. Have the knees together or if more comfortable, spread the knees slightly apart and allow your body to completely relax.
2. Breathe deeply into your belly for three to six breaths.



MOUNTAIN POSE | *Tadasana*

1. Stand on your yoga mat. Inhale and press your feet down, and reach your head up to lengthen the spine. Roll your shoulders down and back to open the chest. Relax your face and your tongue on the roof of your mouth.
2. Lengthen the inhalation and exhalation by breathing deeply into your belly through your nose. Release any thoughts or distractions and let your mind be focused on the breath.

FIVE-POINTED STAR | *Trikonasana*

1. Standing, step or jump your feet out wide apart with your arms out to the sides. Feet should be parallel, directly under the wrists.
2. Press down into your feet, out through the fingertips and up through the crown of your head.
3. Breathe and hold for two to four breaths.



WARRIOR II | *Virabhadrasana II*



1. Turn the right toes toward the right wall and the left toes slightly in toward the center. Bend the right knee directly over the ankle into a deep lunge. Keep your hips and chest forward and look at the right middle finger.
2. Press down through the feet and out through the fingers and crown of your head.
3. Breathe and hold for two to four breaths.
4. Turn the right toes toward the right wall and the left toes slightly in toward the center. Straighten both legs. Press the left hip out and slide the arms to the right. Rotate just the arms, resting the back of the right hand against the inside of the right leg.
5. Press down through the feet and out through the fingers and crown of your head.
6. Breathe and hold for two to four breaths.

Sources

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