

## **Total Body Blast At Home Workout**

### Warm- up

March in place

Forward folds

- X3
- Reach all the way up to ceiling
- Roll down and up slow and controlled

Standing cat- cow

- Slight bend in knee to rest hands on
- Inhale belly drops to top of thighs
- Exhale spine pushes towards ceiling

March with arm circles

- Hands on shoulders or straight arms
- Both directions

Jacks

### Circuit 1: 45s round 1, 30s round 2

Stutter jacks

- Pulse at each end of jack

Curtsy lunge with lat pull

- Alternate sides with curtsy lunge: one leg goes back and slightly out to the side of the stationary leg, weight in the heel of the front leg, when sink down knees should be at about 90 degrees, stand with weight through front heel and switch to other side
- Arms start above head, as sit down in curtsy lunge drawn elbows down towards side of torso with palms facing forwards, should feel shoulder blades drawing together and down the back, as stand reach hands up back to starting position

Twisting punches

- Sit in squat position or stay standing
- Keep core engaged with belly button to spine
- Twist side to side and punch across the body

Slow burpees

- Start reaching up to ceiling with option of adding a calf raise
- Sit down into a squat like sitting in a chair and with a flat back, place hands on the floor
- Step or jump feet back into a plank, option to drop to knees while keeping a straight line going from the shoulders through the hips and down to the knees
- Add a pushup with the elbows point about 45 degrees away from the torso, keeping the neck neutral and in line with the back, and dropping the chest as close to the floor as possible
- Reverse to repeat: step or jump into the squat position and stand up with weight in heels

## Circuit 2: 45s round 1, 30s round 2

### High knees with cactus or T arms

- March or high knees
- Hold arms out straight/parallel to floor or bent at 90 degrees

### Bird- dogs

- On hands and knees: wrists under shoulders, knees under hips
- Keep back flat and sturdy like a table, core engaged with belly button to spine
- Extend opposite arm and opposite leg until level with back
- Return arm and leg to floor or add optional crunch by bringing elbow to knee under the belly and then return
- Repeat on other side

### Triceps pushups

- Hands on the floor, directly below shoulders - make a diamond with your thumb and pointer finger of each hand
- On your knees or toes, maintain a straight line with your body
- Lower chest to floor and then push back up to ceiling

### Up- down plank

- Forearms on floor, elbows bent directly below shoulders
- On knees or toes, body in a straight line
- From forearms, walk one arm at a time up to hands – arms in a straight position (high plank)
- Walk back down to forearms
- Alternate leading arm

## Core Circuit: 30s 2x

### Double crunch

- Start with back flat on floor, with bent knees and hands at the side of your head
- Bring knees and elbows to the center of your belly at the same time, tucking into a ball
- Hips and shoulders should both rise about an inch off the ground as the elbows and knees come in
- Then exhale and slowly open back up

### Rope climb

- Start laying with back flat on the floor with legs extended
- Reach both hands up to the ceiling
- Alternating arms reach higher up to the ceiling by lifting that shoulder off the floor
- Return that shoulder to the floor and repeat on the other side

### Full roll up

- Lay with your back flat on the floor with legs extended
- Arms can be at the side of the head or across the chest or overhead
- Roll up one vertebra at a time, starting with the shoulders coming off the mat so the head and neck can stay in the same position
- Roll to a full seated up position
- Then slowly lower back down with control

### V- sit tap and extend

- Sit on seat bones and lean slightly back so body is in a v position
- Arms can be resting on floor behind you to support the low back or raised up at the sides or in front
- With knees bent, tap your toes on the floor
- Bring toes back up and then extend legs to point toes up to the ceiling
- Return to the bent leg position and repeat

### Cool Down

#### Knee hugs and twist both sides

- Lying on back, pull one knee to chest while other stays long on the floor
- Bring bent knee across body to opposite side with keeping both shoulders on the floor

#### Up- dog

#### Runners Lunge

#### Quad Stretch

#### Upper body stretches