WORKOUT AT HOME
WEEK 1 – Quick 15 Minute Total Body Workout

This week’s goal: Do each exercise in sequence in this total body home workout on any 3 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day.

Check off your daily progress below: W = Workout  C = Cardio  S = Stretch

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<th>Monday</th>
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up: Do Each Exercise for 1 Minute

1. Front Kicks
   - Stand with feet hip width apart, arms bent. Lift right leg up, bending knee slightly, and kick right foot forward. Keep ankle flexed and push through your heel. Place the right foot down and switch to the left.
   - Easy: Step slow and low
   - Moderate: Increase the pace and height
   - Advanced: Add a hop when switching legs

2. March in Place
   - March in place keeping chest high and core engaged. Gently swing arms using opposite arm/leg combination.
   - Easy: Keep knees low at a slow pace
   - Moderate: Lift knees high
   - Advanced: Jog in place with high knees

3. Jumping jacks
   - Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position. Repeat.
   - Easy: Do a side step-out, alternating legs
   - Moderate: Increase the pace
   - Advanced: Lower into a squat when jumping back to start position

Not feeling warmed up? Repeat the warm up exercises one more time. Move onto the Main Workout.

Main Workout: Do Each Exercise for 30 – 60 Seconds

1. Plank (Core)
   - Assume a push up position with palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, hips, back and neck in alignment, and core and glutes engaged. Hold for 30 seconds.
   - Easy: Place forearms on floor
   - Moderate: Perform as above
   - Advanced: Add alternating leg lifts

2. Supermans (Lower Body)
   - Lie face down on a mat, with your legs straight and your arms outstretched. Raise both your arms and legs so that they are a few inches off the floor. Hold this few seconds, then lower. Repeat in a slow, controlled manner.
   - Easy: Lift only arms or only legs
   - Moderate: Perform as above
   - Advanced: Perform as above

3. Push Ups (Upper Body)
   - Get in plank position with your hands slightly wider than your shoulders. Straighten your arms and legs so your ankles, hips and shoulders are in alignment. Lower your body until your chest nearly touches the floor, keeping your upper arms close to your body. Pause, then push yourself back up. Repeat.
   - Easy: Place your knees on the floor or do your pushups against a countertop
   - Hard: Do your push ups with one foot off the floor, trading feet every 3 push ups
4. **Stationary Lunge** (Lower Body)
   - Start by standing tall with your feet hip distance apart; take a large step back with one foot. Lower back knee to a 90° angle so both knees are bent. Keep front knee in line with your ankle. Press up to start position and repeat alternating legs. Keep your chest lifted, chin up and abs contracted, and your back straight.
   - **Easy:** Descend only part way
   - **Moderate:** Perform as above
   - **Advanced:** Add a weight

5. **Bicycle Crunch** (Core)
   - Lie on your back with your knees bent 90° with your hands behind your head. Use your abs to curl your shoulders off the floor. Twist to bring your right elbow to the left knee, while straightening your right leg. Do the same movement on the opposite side.
   - **Easy:** Do leg motion only
   - **Moderate:** Perform as above
   - **Advanced:** Slow the pace & hold

6. **Plank Up Down** (Upper Body)
   - Begin in the plank position, and then lower one arm at a time into elbow-plank position. Pause for 1 second in the elbow-plank position, and then one arm at a time beginning with the same arm you started your decent with, push your way back up to fully extended plank position. Repeat this up/down sequence. Your hips shouldn't rotate when you're moving up and down.
   - **Easy:** Do in a knee plank position
   - **Moderate:** Perform as above
   - **Advanced:** Increase pace, keeping perfect form

7. **Squats** (Lower Body)
   - Stand with your feet shoulder-width apart or slightly wider, chest held high. Extend arms straight out in front of you while sitting back and down like you're sitting into a chair. Press your weight back into your heels. Push through your heels to bring yourself back to the starting position.
   - **Easy:** Descend only part way
   - **Moderate:** Perform as above
   - **Advanced:** Add a weight

8. **Roman Twist** (Core)
   - Sit on the floor with your legs in front of you, knees bent, and heels lifted a few inches into the air. Lean back at a 45° angle with your arms straight in front of your chest, palms together. Slowly rotate your torso to the right, pause, then to the left.
   - **Easy:** Rest heels on the floor
   - **Moderate:** Perform as above
   - **Advanced:** Add a weight

9. **Plank Tap** (Upper Body)
   - Start in a plank position. Tap your right hand to your left shoulder while engaging your core and glutes to keep your hips as still as possible. Do the same thing with your left hand to right shoulder. Continue, alternating sides.
   - **Easy:** Separate legs more
   - **Moderate:** Perform as above
   - **Advanced:** Slow the pace & hold maintaining perfect form

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**Not feeling worked out? Repeat these exercises as a circuit 2-3 more times. Move onto the Cool Down & Stretch.**

### Cool Down & Stretch: Do Each Stretch for 1 Minute

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<td>Lie on your back, bring knees to chest, wrap your arms around your lower legs and give your legs a gentle hug. Allow your back to relax and sink into the floor. Rock a bit side to side. Breathe and relax.</td>
<td>Roll over onto hands and knees, keep feet together and knees apart, sitting back while reaching forward with arms into “child’s pose.”</td>
<td>Extend your arms on the floor above your head. Extend your legs pointing through your heels, breathe and hold. Repeat. Point and flex your feet several times. With your arms still overhead, extend your fingers and make a fist several times. Bring your arms down across your chest, grasping the back of each shoulder and give yourself a hug to stretch your upper back.</td>
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