**Exercise Is Medicine:**  AT HOME WORKOUT PROGRAM

**remember to warm up and cool down:)**

Upper Body

1. **Back:** Reverse Snow Angels; *(3X10); progress to 2X15*
2. **Chest:** Pushup *(regular or modified- on knees); 3X5-10*
3. **Shoulders:** Diving Dolphin on your elbows; *2X10*
4. **Biceps:** Bicep curls with a towel; *3X8-10*
5. **Triceps:** Tricep dips using a chair; *3X10*

Lower Body:

1. **Glutes:** Elevated Split Squats (using a chair or box surface); **3X10**
2. **Quads:** Regular Squats (can add some type of resistance like a book); **3X8-10**
3. **Hamstrings:** Single Leg Romanian Deadlifts (with no resistance or with resistance); **2X10 or 3X8**
4. **AB/ADD:** wall sits with thigh ABducting (thighs opening outwards)-**2X8; progress to 3X10**; side lunges for ADDuction (working inner thighs)- **2X8-10; progress to 3X10**
5. **Calf muscles:** Calf raises on elevated surface like stairs; **3X10-15**

Core- 3 sets; time yourself or rep it out (10-15 reps)

1. Raised Leg Plank
2. Long arm crunches
3. Side Hip Raises
4. Leg Raises
5. Mountain Climbers
Some exercises that you may not be familiar with:

1. Diving Dolphin:

2. Bicep Curls with a towel:

3. Reverse Snow Angels: either image starting position is OK!
   Whatever you feel comfortable with!
4. Elevated Split Squats/ Also can be done on floor (no elevation)

5. Single Leg Romanian Deadlifts- can be with resistance or without.

6. Wall Sits with Abduction- a. Sit against wall
   B. open thighs up
7. Raised Leg Plank -

8. Long Arm Crunches

9. Side Hip Raises

10. Mountain Climbers