

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:

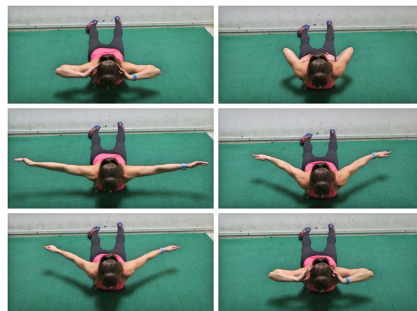
1. Diving Dolphin:



2. Bicep Curls with a towel:



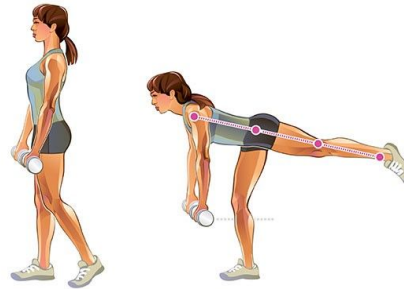
**3. Reverse Snow Angels: either image starting position is OK!
Whatever you feel comfortable with!**



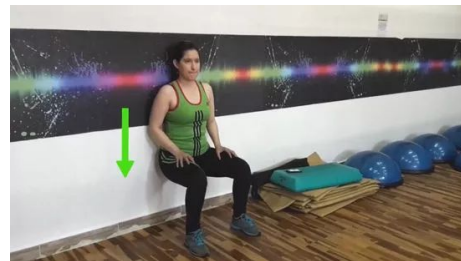
4. Elevated Split Squats/ Also can be done on floor (no elevation)



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



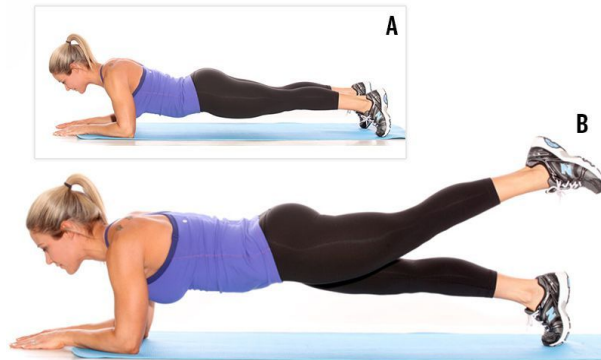
6. Wall Sits with Abduction- a. Sit against wall



B. open thighs up



7. Raised Leg Plank-



8. Long Arm Crunches



9. Side Hip Raises



10. Mountain Climbers

