

AT HOME ANYWHERE Workout Directions and Links

HOME WORKOUT GOAL: Get your body moving and working in all directions; start to build muscle; getting your muscles, tendons and ligaments working to maintain your strength. **AND MAKE YOU FEEL GOOD!** (and burn calories!)

WHAT WEIGHT IS GOOD FOR ME: Most of the exercises were selected so you can use your own **BODY WEIGHT**. If you feel you can do more reps (with good form), then you should probably find some HOME STUFF (see key below) to add some weight if you can.

HOW OFTEN SHOULD I DO THIS WORKOUT: This is a workout that you should do **2 or 3x/week**. Try to rotate this workout with some cardio and mind/body (yoga/pilates, etc) workouts (from the MOSSA or LES MILLS app, Y360 videos **LINKS BELOW!!**) or getting outside for a hike, jog, or bike ride.

WARMUP: You should warm up for **8-10 mins** before each workout. Concentrate on your whole body (legs, core, upper body) because this workout is total body.

NAVIGATING THIS WORKOUT: This workout is broken down into **3 Groups (A, B, & C)**. Each group contains 4 exercises (3 strength, 1 cardio). If possible, try to work through the workout in order, starting with the "A" Group. Complete all the reps and sets of the Group (**like a circuit**) before moving on to the next one. Each Group contains multiple exercises, so finish 1 set of each exercise before resting and starting over again.

REST: Rest 1-2 minutes between sets. (If you have a **MYZONE BELT**, rest until your HR Zone goes back down to the **BLUE ZONE**), (if you don't have a MyZone Belt and would like to purchase one at our extremely discounted price, see the **links below**). After performing a set of a Group of exercises, rest at the bottom of the set. That means if there are 4 exercises in the Group, rest after you have completed a set of each of the 4 exercises. The reason you rest this long is to allow your muscles to recover before the next set so you can give maximum effort into each rep. *(TIP: If you feel the rest is too long, that probably means you aren't challenging yourself enough. Try adding weight and slowing down your reps. If you do not have anything at home to add weight, feel free to add more reps to make it more challenging)*

TEMPO: Keep it steady!! When you are performing strength exercises, you should be steady and slowing things down. Don't blow through these exercises. **TEMPO = 1 count on the way down, and 1 count on the way up.**

MODIFICATIONS: There are modifications for most of the exercises in this workout. Feel free to use any of them if you are not able to perform or do not feel comfortable performing the main exercise. Just be sure to follow all of the same rules and guidelines listed above. **Challenge yourself!** *If there is not a modification for an exercise listed, that means it can be performed by everyone.*

RECOVERY: Do your best to give yourself at least **1 day of rest in between these workouts** (remember, cycle in cardio, mind/body and outside workouts). Also, try to eat some sort of recovery drink/food within 10-15 mins after you complete your workout. This should be something high in protein, DOES contain carbs, and your body can process it easily. Protein shakes, and chocolate milk are good examples. This will help your body start to recover immediately, so you are ready to go for your next workout.

WORKOUT:

Modifications

[Workout Intro Video](#)

Warmup: 8-10 min

A: [Group A Demo Video](#)

<u>BW/Goblet Squats</u>	3x15	<u>Bench/Chair Squats</u>	(HS)
<u>BW Pushups</u>	3x10	<u>Incline Pushups</u>	(chair, bed, counter), knees
<u>Ankle Grabs</u>	3x15	<u>Modified Ankle Grabs</u>	
<u>Jump-n-Jacks</u>	3x 30 sec	<u>Side Step Jacks</u>	

B: [Group B Demo Video](#)

<u>Reverse Lunges</u>	3x15@	<u>Rear Leg Elevated Lunges</u>	(HS)
<u>HOG Planks w/ Shoulder Touch</u>	3x20@	<u>BW Planks</u>	(20 sec)
<u>BW Hip Lift</u>	3x15	<u>Walking Squat Thrusts</u>	
<u>Squat Thrust</u>	3x6		

C: [Group C Demo Video](#)

<u>BW Lateral Lunges</u>	3x15@	<u>1-Leg Reach</u>	(HS)
<u>BW Bench Dips</u>	3x15		
<u>Russian Twists</u>	3x30@	<u>MB Crunch</u>	(HS)
<u>Jump-n-Jacks</u>	3x30 sec	<u>Side Step Jacks</u>	

KEY:

BW	Body Weight	@	Both Arms/Legs/sides
HOG	Hands on the Ground	sec	seconds
HS	Home Stuff		Any weighted things you can hold in your hands (cans, jugs, bag of pellets, etc) BE CREATIVE!

RESOURCES:

- **LES MILLS App** (FREE 60 Day Trial)
<https://www.lesmillsdemand.com/en.../ymca-hartford/register>
- **MOSSA MOVE App** (FREE 60 Day Trial)
<http://www.mossamove.net/orders/mossa-home-workouts-complete/45907/user/?tid=ymcagreaterhartford>
 - You will have to enter a Credit Card to create your account
 - MOSSA will be sending out 55 Day reminders for you to cancel your subscription
- **Y360 You Tube Channel**
<https://ymca360.org/on-demand#/>
- **MY Zone MZ3 Belt Purchase** (\$69 + shipping direct to your home) ****click on your home branch****

- [Downtown](#)
- [Indian Valley](#)
- [Wheeler](#)
- [Farmington Valley](#)
- [Wilson Gray](#)
- [Hale](#)