

At-Home Workouts



Workout #1: Pep In Your Step

In 8 minutes, complete as many rounds as possible of:

6 tuck jumps

6 pushups

6 walking lunges (3 per side)

Workout #2: Keep Holdin' On

5 Rounds:

45 seconds on/15 seconds off

squats

burpees

plank hold

Complete each movement for 45 seconds, then rest for 15 seconds before continuing onto the next movement. Repeat the cycle 5 times through.

Workout #3: Movin' Mile

8 Rounds for Time:

5 pushups

5 situps

5 squats

200m sprint

1minute rest

Don't cheat the rest minute! Take the whole minute to rest, and work harder on the reps when you are completing them.

Points of performance

Burpees: From standing, place your hands on the ground and jump your feet back, “dropping” to the floor with the least amount of effort possible (think graceful falling!) With hands on the ground at the nipple line, press your chest up, keep your ribs down and tension through your middle, then pop off your hips and bring your feet directly under your hips, then stand and clap overhead to reach full extension.

To scale: Step back rather than jump back, walking the feet back, then walk the feet back up to the hands to return to standing.

Plank: Make sure your shoulders are stacked directly over your wrists. Elbow dimples should point forward. Keep hands “screwed” into the floor. Maintain a tight midline, ribs down, butt squeezed. Keep body in a straight line – no dip or arch in the back or hips.

To scale: Lower to the forearms, maintaining a straight line in the body. If you need to rest, lower to the knees, then push back up into the plank as soon as you are able.

Pushups: Make sure your shoulders are stacked directly over your wrists. Elbow dimples should point forward. When lowering to the bottom of the pushup, rock forward slightly to keep the forearm completely vertical, while keeping elbows tucked in next to the body, not out to the side. Screw your hands into the floor and drive back up to the top of the pushup.

To scale: Complete pushups from the knee, keeping the body from the knee to the shoulder in a straight line. If additional scaling is needed, elevate the hands on a box, bench, countertop, etc. The closer you are to the ground (parallel) the harder these will be.

Running: As you run, think about pulling your heels up towards your butt. We don’t want to be reaching out in front of us and landing on our heels, but rather leading with our hips and pulling our feet up underneath us quickly, with a fast turnover.

To scale: Not a whole lot to change, here, unfortunately. Just keep the pace as best as you can, keep working at it, and it will come! If you need to take walk breaks at first, do so, just do so sparingly!

Situps: Lay on the ground and place the soles of your feet together, knees out to the sides. Lay down and tap the ground behind your head with your hands, then keeping tall through the shoulders (don’t round out your back), sit up and tap either the ground in front of your feet or your toes with your hands. Push back off your feet to return to the ground.

To scale: Place feet soles on the ground, and tuck the tops of feet under dumbbells, a couch, etc. Sit up to bring the chest as close to the thighs as you are able.

Squats: Stand with your feet slightly wider than hip’s distance apart with feet out no more than a 30° angle. “Screw” your feet into the floor and drive the knees out (not forward!) while lowering to the bottom of the squat. Aim to get your hips below parallel, but lower only as far as you can before your chest begins to drop forward. Keep as upright and as vertical as possible throughout the squat. Drive the knees out and push through the heels, squeezing your butt to come back to standing.

To scale: Maintain the same positioning, only squatting to a depth that allows you to stay completely upright without folding over. It doesn’t matter how shallow this is – the more often you do it, the lower you’ll be able to go!

Tuck jumps: Keep feet directly under the hips. Shift the hips back slightly, bend at the knee and drive the knees out, keeping a vertical shin. You don’t want your knees shooting out past your toes. Drive through the heel to jump as high as possible, pulling the knees as close to the chest as you can. Land with feet directly under the hips, weight in heels.

To scale: Lessen the vertical jump height, and only pull knees up as far as you are able. To scale further, find a bench, box, stair, or other sturdy surface that will hold your weight, and step up onto it, alternating feet. Make sure to place the whole foot on the surface and drive through the heel, standing up fully and extending the hips once you reach the top, before stepping back down.

Walking lunges: Step forward and slightly to the side with one foot. Think about your feet being on railroad tracks – they should not be in line with one another. Make sure that the knee does not go past the toes of the front foot. Lower enough that the back knee taps the ground. Drive through the front heel and squeeze the butt to return to standing, then repeat, stepping forward with the opposite foot.

To scale: Don't go as deep in the lunge, maintaining more height, and thus, less distance to cover to return to standing.