

List of Home Exercises

Exercise	Type of Exercise	Primary Muscles	Instructions	Modifications	Special Safety Tips	Time Stamp
Jumping Jacks	Aerobic Warm-Up	Full Body	Start standing and jump with your legs out and straight arms together then jump your legs together and throw your arms out beside you	Easier: Step out the motions, right leg first, left leg next, right arm, then left arm, and repeat. Harder: Pick up the pace	N/A	0:59
High Knees	Aerobic Warm-Up	Lower Body / Core	Start standing, while staying in place, jump up your right knee as high as possible then alternate with jumping your left knee as high as possible	Easier: Slow down the pace, do not jump Harder: Pick up the pace, Jump high when bringing knees up	N/A	1:07
Butt Kicks	Aerobic Warm-Up	Full Body	Start standing, while staying in place, kick your right leg up behind you so that you hit your butt then kick the leg up so that you hit your butt, alternate and repeat	Easier: Slow down pace, step it out always having opposite foot on ground (marching). Harder: Run in place while kicking your bottom each time with your heels	N/A	1:14
Side Lunges	Aerobic Warm-Up	Full Body	Start standing, step out with your right foot to your right side and rest your right elbow just above your right knee. Your left arm should reach out above your head with your fingers pointing to the right side of you. Alternate sides.	Easier: Reach your hand up to the ceiling instead of all the way to the other side Harder: Pick up the pace	Do not Bounce when you reach!	1:23

Windmills	Aerobic Warm-Up	Upper Body	Rotate your arms in large circles keeping them straightened. Remember to rotate them in both directions	Easier: Slow down pace Harder: pick up pace	N/A	1:41
Standing Toe Touches	Aerobic Warm-Up	Full Body	Stand with feet hip-width apart with a slight bend in the knees. Your arms are out to your sides, making a T-shape. Keeping the slight bend in your knees, bend at the hips to tap your opposite toe. And then bend back up to make a T-shape with your arms. Alternate sides as you go.	Easier: Reach down to your mid-calf Harder: Reach all the way to your toes	N/A	1:49

Additional Aerobic Warm-Up exercises not found in video:

Grapevine/Karaoke	Aerobic Warm-Up	Lower Body	Start standing, step out with right leg, step over with left leg, step out with right leg, step under with left leg. Alternate legs.	Easier: Slow down pace or do side steps instead Harder: pick up pace	N/A	
Marching	Aerobic Warm-Up	Lower Body / Core	Start standing, raise up knees while moving your arms back and forth.	Easier: Do half marches so that your knees do not fully come up. Harder: Add in a kick, pick up pace	N/A	
Straight Leg Kicks	Aerobic Warm-Up	Lower Body	Start standing, extend your right leg up until it is perpendicular to your body and reach with your	Easier: Bend your knees and do a knee to elbow touch	Do not pull your leg further than it can go!	

			opposite arm to touch your toe. Alternate legs.	Harder: Pick up the pace, raise your leg higher	
Side Steps	Aerobic Warm-Up	Lower Legs	Start standing, step out with right leg and step together with left leg, step out with left leg and step together with right leg. Alternate.	Easier: Tap with your toe instead of stepping Harder: get in a squat position	N/A

Cardiorespiratory Conditioning

Mountain Climbers	Cardiorespiratory conditioning	Core / Lower Body	Start with your two palms flat on the ground, use your core to alternate your legs one bent and one straight behind you.	Easier: Instead of jumping, walk our your legs Harder: pick up pace and jump when alternating	N/A	2:18
Ski Jumps	Cardiorespiratory conditioning	Core / Lower Body	Start standing, Bring your arms up in fists in front of your chest. Jump laterally keeping both feet together past an imaginary line. Keep jumping	Easier: shorten the distance when you jump laterally OR step it out! Harder: Pick up the pace, Bring your knees up when jumping	Make sure the surface you are jumping on is not slippery!	2:39

			beside the line right to left.			
Burpees	Cardiorespiratory conditioning	Full Body	Start standing, get down on the ground with right palm, left palm, right foot, left foot (in a push up position), jump your feet up towards your hands, jump up, repeat.	Easier: Step it out and do not jump Harder: Add in a push up when you are on the ground	N/A	3:00
Stair taps	Cardiorespiratory conditioning	Core / Lower Body	Find some steps, place the right foot up and then the left foot. Place the right foot back and then the left foot back. Repeat.	Easier: Slow down pace, use a small step Harder: pick up pace, skip a step in between or add in high knees	N/A	3:30

Additional Cardiorespiratory exercises not found in the video:

Jump Squats	Cardiorespiratory conditioning	Full Body	Start standing and get into a squat position. From that position explode up and jump into the air with hand out and legs out looking like a star.	Easier: slow down the pace, when making the star only jump slightly Harder: pick up the pace	Make sure your knee does NOT go over your toe when squatting! Do not squat lower than your knees.
Side Walk Squats	Cardiorespiratory conditioning	Core / Lower Body	Start standing, get into a squat position and with your right leg step out to your right side 5 steps then with your left leg step out to your left 5 steps	Easier: Rise up a bit higher so you're only slightly in a squat position Harder: squat down lower	Make sure your knee does NOT go over your toe when squatting! Do not squat lower than your knees.
Grapevine to Curtsy Lunge	Cardiorespiratory conditioning	Core / Lower Body	Walk side to side doing the grapevine and at each end do a curtsy lunge. On the right side: put your left foot behind your right foot slightly out to your right side and bend your knees to do a lunge.	Easier: go slow, only lunge down slightly Harder: Get low in your lunge, add some weights	Make sure your knee does NOT go over your toe when squatting! Do not squat lower than your knees.
Side to Side Touches	Cardiorespiratory conditioning	Full Body	Jog laterally side to side with your feet then on the right side reach your left across your body and reach out to the floor to tap it.	Easier: step it out, go slower Harder: Add in a lateral lunge on each side	Make sure your knee does NOT go over your toe!

Strength Training Exercises

Forward/Lateral Arm Raises	Strength Conditioning	Upper Body	Start standing, bring your arms up to 90 degrees in front of you and back down, then bring arms to 90 degrees beside you to make a T then back down.	Easier: use a light weight Harder: use a heavier weight	N/A	3:57
Circle Arm Raises	Strength Conditioning	Upper Body	Start standing, raise your arms so that they are straight out making a T. Move your arms forward and back so that you are making a circle motion.	Easier: Make wide slow circles Harder: Make small fast circles	N/A	4:15
Biceps Curl	Strength Conditioning	Upper Body	Start standing, extend your arms in front and close to your body and bend at the elbow to bring your fist toward your shoulder.	Easier: use no weights Harder: Add cans for heavier weights	Do not swing your upper body. Only your lower arm should be moving!	4:35
Triceps Extension	Strength Conditioning	Upper body	Lying on your back with your knees bent and feet flat on the ground. Bring your arms up with your elbows pointing forward and your arms close to your head. Keeping your upper arms still lower your forearms behind your	Easier: use no weight Harder: add cans for heavier weight	N/A	5:00

			head and then straight up.			
I's, Y's, T's	Strength Conditioning	Upper body	Start standing, bring your arms in front of your and above your head to make an "I" shape and back down. Bring your arms up to make a "Y" shape and back down. Bring your arms out to your side to make a "T" shape and back down.	Easier: use no weight Harder: add cans for heavier weight	N/A	5:34
Wall Push Up	Strength Conditioning	Upper body	Start standing with your hands shoulder width apart on a wall, bend at your elbows to lower your upper body towards the wall and make a straight line towards your body.	Easier: go down halfway Harder: use an elevated surface such as couch. To make even harder, complete push up on floor either on your knees or toes	Brace your core to protect your back and pack your elbows close to your body.	6:09
Floor Pushup	Strength Conditioning	Deltoids, triceps, pectoralis major	Lie face down with your palms at shoulder level and fingers facing forward. Push yourself up on your palms and toes and then lower your body back down, repeat.	Easier: Do pushups on your knees Harder: Adjust your hands closer together or insert a clap	For more chest: move your arms further away, for more arms bring your palms closer together	6:33

				in between pushups.		
Superman / Prone Swimmers	Strength Conditioning	Hamstrings, glutes, erector spinae	Lie face down and bring your arms extended out in front of you. Extend your legs out behind you. Raise up your arms and your legs so that only your core is touching the ground. Hold for 30 seconds and repeat. Prone Swimmers: In the superman position alternate flapping up your arms and legs as if you are swimming	Easier: Only raise up your arms Harder: Hold for an extended time	N/A	6:44
Plank (Beginner, Intermediate, Difficult)	Strength Conditioning	Core, quads, deltoids	Start on the floor with your forearms on the ground shoulder width apart and knees on the ground with your feet raised. Hold this position while keeping your back straight.	Easier: Plank on your palms instead of your forearms Harder: Plank on your toes and forearms.	Keep your back straight, do not let your core fall down toward the ground	7:05
Heel Taps	Strength Conditioning	Oblique Abdominis (core)	Lie on your back with your feet flat on the ground and knees bent and heels a foot away from your butt, bend at your side to tap your left palm to your	Easier: put your feet closer to your butt Harder: push your feet further from your butt and	Keep your neck in line with your spine	7:54

			left heel and your right palm to your right heel.	make sure your upper body is as high as possible when you reach		
Side crunches	Strength Conditioning	Oblique Abdominis (core)	Lie on your back and place one leg across your body so your lower leg rests just above your knee. Put your hands behind your head or across your chest and lift with your core reaching your elbows towards your opposite knee. Alternate sides!	Easier: Slow down the pace Harder: Hold crunches longer and pulsate	N/A	8:07
Wall Squat	Strength Conditioning	Quads, Hamstrings, Glutes	Stand with feet apart and a foot away from the wall. Keeping your back against the wall and lower down bending at the knees then return to standing.	Easier: Slow down the pace Harder: Hold squat for extended time	Do not let your knees move beyond your toes!	8:33
Regular Squats	Strength Conditioning	Quads, Hamstrings, Glutes	Place your feet a little bit more than shoulder width apart, keeping you back straight and chest up, bend at the knees like you are sitting down on a chair. Keep the weight in your heels. Stop	Easier: Do half squats or squat over a chair. Squat down and tap the chair with your butt then stand up Harder: Turn them into Jump	Make sure your knee does NOT go over your toe when squatting! Do not squat lower than your knees.	8:47

			when you are just about parallel to the ground, do not go further than a 90 degree angle in your knee.	Squats or do a single leg squat. You can add weight too.		
Lunges	Strength Conditioning	Quads, Hamstrings, Glutes	Step your right leg in front of you and slightly Lower trunk down so that your left knee almost touches the ground. Alternate legs and repeat.	Easier: Do half or mini lunge Harder: Do a deeper lunge or add weight	Do not let your knee go past your ankle when lunging! Keep your upper body still.	9:04
Glute Bridge	Strength Conditioning	Glutes, Hamstrings	Lie on your back with your feet flat on the ground. Lift your hips off the ground and hold your torso up in the air making a straight line from your knees to your shoulders. Hold the position and repeat.	Easier: Go up halfway Harder: Do one leg glut bridges with one leg extended in front of you	Do not hyperextend your pelvis	9:52
Single Leg Bridge	Strength Conditioning	Quads, Core	Sit on the ground with your right leg straight out in front of you and your left knee bent in front of you. Lean back slightly resting your weight on your palms on the ground. Raise your extended leg up, lower down just before it touches the	Easier: After each rep rest your heel on the ground before starting the next rep. Harder: Keep your leg in the air the whole time	N/A	10:04

			ground, then move it to the ride side, then back to the beginning, repeat and alternate legs.			
Clamshells	Strength Conditioning	Abductors, adductors	Lie on your right side and bend our knees together so that they are touching. Bring your top leg up while keeping your bottom leg on the grounds. Open and close your legs. Alternate sides.	N/A	N/A	10:18
Fire Hydrants (Left, Right)	Strength Conditioning	Abductors, Adductors	Get on your hands and knees on the floor. Raise your right knee to your right side as high as it will go keeping it bent, place your knee back down to the floor, repeat and alternate sides.	Easier: Let your knee touch the ground, do not raise it as high. Harder: Do not let your knee touch the ground, keep repeating	Keep back straight, do not arch back!	10:35
Donkey Kicks (Fwd, Bkwd)	Strength Conditioning	Glutes, Hamstrings	Get on your hands and knees on the floor. Raise your right leg up keeping it bent, push your leg up as high as you can go keeping it bent, bring your knee into your chest, place your knee back down to the floor, repeat and alternate sides.	Easier: Let your knee touch the ground, do not raise it as high. Harder: Do not let your knee touch the ground, keep repeating	Keep back straight, do not arch back!	10:35

Additional Strength exercises not found in video:

Deadlift	Strength Conditioning	Hamstrings, Quads, Glutes, Trapezius, core	Stand with your feet a little more than shoulder width apart. Bend your knees and pick up an object with your hands. Keep your back straight and head looking in front of you.	Easier: Do not pick up anything, just do the motion Harder: Use a heavy object	Do not curve your back! Keep your neck in line with your spine and look ahead.
Single Leg deadlift	Strength Conditioning	Hamstrings, Quads, Glutes, core, latissimus dorsi, trapezius	Stand with a small 6 inch gap between your feet. Keep your right leg extended and bring your left back leg backwards while your upper body leans forward. You can extend your arms in front of you or bring them down pointing to the ground.	Easier: Do not pick up anything, just do the motion Harder: Hold a heavy object with your hands above the ground	Do not curve your back! Keep your neck in line with your spine and look ahead.
Hamstring Falls	Strength Conditioning	Hamstrings	Kneel on the floor and find something to secure your shins to the ground. You can have someone hold your calves down or find a bed or couch to lock your legs under. Without bending at the hips, slowly lower the rest of your body to the floor in a controlled manner. Get up and repeat.	Easier: Fall forward more quickly Harder: Slowly fall forward	N/A
Plie Squats / Sumo Squats	Strength Conditioning	Adductors, Quads, glutes, gastrocnemius	Stand with your legs further than hip width apart and your toes pointed out at a 45 degree angle away from you. Lower down into the squat.	Easier: Keep feet on the ground, do half squats Harder: Jump in the air, or do squats up on your toes.	Do not lock your knees when you come up
Seated oblique heel to toe raise	Strength Conditioning	Adductors, Core	Sit on the floor with your right leg extended and your left knee bent with your foot on the floor. Lower your	Easier: Just focus on the legs and	N/A

			upper body slightly and you're your palms on the ground. Raise your right leg up in a diagonal line and bring your left arm extended in front and across you to tap your foot with your left hand.	do not include the arms Harder: add in arms	
Squeeze Ball	Strength Conditioning	Adductors	Get some type of ball or towel rolled up and put between your thighs. Use your inner thigh muscles to squeeze the object as tight as you can and hold for 3 seconds. Repeat.	Easier: use a smaller object Harder: use a larger object	N/A
Lying on Side Medial/ Lateral leg raises	Strength Conditioning	Adductors	Lateral: Lying on your right side lift your left leg up and hold for 2 seconds and repeat. Alternate sides. Medial: Lying on your right side bring your left leg in front of you, bend your knee and place your foot on the ground. Raise your right leg up, hold for 2 seconds and repeat. Alternate legs.	Easier: rest in between reps Harder: pulsate and hold the up position.	N/A
Curtsy Lunge	Strength Conditioning	Adductors, glutes, quads	Put your left foot behind your right foot slightly out to your right side and bend your knees to do a lunge.	Easier: go slow, only lunge down slightly Harder: Get low in your lunge, add some weights	Make sure your knee does NOT go over your toe when squatting! Do not squat lower than your knees.
Tricep Dips	Strength Conditioning	Triceps, trapezius, deltoid, pectoralis major	Use a step and put both your palms on top of it with your fingers faced away from your body. Your feet should be straight out. Keeping your arms close to your body, use them to lower your	Easier: bring in your feet so that your knees are bent, use a lower step	Keep your fingers facing in front of you

			body just to the point of almost touching the ground and rise up.	Harder: keep your legs completely straight with your heels touching the ground, use a higher step.	
Tricep Pushup	Strength Conditioning	Triceps, deltoid, pectoralis major	Lie face down with your palms at close together forming a triangle with your index fingers and thumbs. Push yourself up on your palms and toes and then lower your body back down, repeat.	Easier: Do pushups on your knees Harder: Insert a clap in between pushups.	N/A
Shoulder shrugs	Strength Conditioning	trapezius	Stand up straight and raise your shoulders up close to your ears. Keep your shoulders even. Drop them back down and repeat.	Easier: use no weights Harder: Hold on to something heavy	N/A
Calf raises	Strength Conditioning	gastrocnemius	Stand and raise yourself up on to your toes and back down. Repeat.	Easier: no weights Harder: Hold something heavy	Do not roll your ankles laterally
Pike Push Up	Strength Conditioning	deltoids	On all fours, put your body in a narrow V shape. Bend your elbows to lower your head and shoulders down to the ground and back up, repeat.	Easier: go down halfway Harder: go down all the way	You can use a bench to put your feet on
All Fours: Knee to elbow and extend	Strength Conditioning	Core, quads,	On all fours place your hands directly under your shoulders and your knees directly under your hips. Bring your right leg out extended behind you and your left arm out extended in front of you. Bring your arm and knee in to your core and touch them. Bring them back out, alternate sides and repeat.	Easier: Rest in between reps Harder: pick up the pace	N/A

Cool Downs

Side-neck stretch	Stretching Cool down	Sternocleidomastoid, levator scapulae, scalenes	While seated, rest your right hand slightly behind your right shoulder. With your left hand, gently pull your head to the left until you feel a stretch near your right shoulder blade along the side of your neck.	Hold only until tension, not pain!	Hold for 30 seconds each side
Chest Stretch	Stretching Cool down	Pectoralis major	Put your arms behind your back and interweave your fingers together pull away from you to stretch out your chest	Hold only until tension, not pain!	Hold for 30 seconds
Shoulder Stretch	Stretching Cool down	Deltoid	Bring one arm out and extended across your chest Use your other arm to bend your elbow and hold the elongated arm in position	Hold only until tension, not pain!	Hold for 30 seconds each side
Arm Stretch	Stretching Cool down	Triceps	Bend one arm over your head to grab your other elbow. The arm that you are holding your elbow with should be flat against your back.	Hold only until tension, not pain!	Hold for 30 seconds each side
Arm Stretch	Stretching Cool down	curlps	Hold your arm our elongated in front of you with your palm facing up. Use your other hand to bend your fingers towards to floor to open up your biceps.	Hold only until tension, not pain!	Hold for 30 seconds
Cobra Stretch	Stretching Cool down	Rectus piabdominis	Lie face down on the floor and bring your upper body up in the air by arching at your lower back. Place your hands by your side slightly in front of you with your palms on the ground. Keep your shoulders down.	Hold only until tension, not pain!	Hold for 30 seconds
Child's pose	Stretching Cool down	Latissimus Dorsi, glutes	Kneel on the ground, bring your upper body forward on the ground in front of you with your arms extended out.	Hold only until tension, not pain!	Hold for 30 seconds

			Bring your bottom down to touch your heels.		
Side Stretch	Stretching Cool down	Oblique abdominis	Stand hip width apart and take one arm in a crescent over your head, slowly lean towards the side that your fingers are pointing.	Hold only until tension, not pain!	Hold for 30 seconds each side
Quad Stretch	Stretching Cool down	Quadriceps	Stand on one leg with your other leg bent. Grab your foot with your hand on the same side. Bring your foot towards your butt so that your heel touches your butt. Make sure your knee is pointing down to the ground.	Hold only until tension, not pain!	Hold for 30 seconds each side
Hamstring Stretch	Stretching Cool down	Hamstrings	Sitting down, extend one leg out in front with your toes pointing up. Bend over to reach for your big toe.	Hold only until tension, not pain!	Hold for 30 seconds each side
Calf Stretch	Stretching Cool down	calves	Use a wall to lean on with your forearms. Place one leg bent in front and one leg extended behind you with your heel on the ground. The further your legs are apart the more deep a stretch.	Hold only until tension, not pain!	Hold for 30 seconds each side
Bottom Stretch (Figure Four)	Stretching Cool down	Glutes	Lying on the ground, bring one leg up, bend the knee with your toes point out in front. Bring your other leg over top resting your ankle on your knee. Use your arms to bring in your legs by holding on to the leg with your toes pointed out in front.	Hold only until tension, not pain!	Hold for 30 seconds each side
Hip Flexor Stretch	Stretching Cool down	Adductors, rectus femoris, gracillus, Sartorius, pectineus, tensor fasciae latae, iliopsoas, glut medius	Get in a lunge position with your back knee, shin, and toes on the ground. Lean into your front leg and extend your back thigh so you feel a stretch in your anterior pelvis.	Hold only until tension, not pain!	Hold for 30 seconds each side

Side Wall Lean Stretch	Stretching Cool down	abductors	Position your side facing the wall and place one palm on the wall. Place your other hand on your hip. Lean into the wall so that you bend at the waist. Keep hips and shoulders facing forward	Hold only until tension, not pain!	Hold for 30 seconds each side
Straight Leg Cross	Stretching Cool down	Abductors, glutes, oblique abdominis	Lie on you back with one leg extended in front with your toes facing up. Use your other extended leg to bring it across and slightly bend into it at your waist. Your arms should be extended out to your sides with your palms touching the ground.	Hold only until tension, not pain!	Hold for 30 seconds each side
Butterfly Stretch	Stretching Cool down	adductors	Sit with your back straight and bend your knees so that the bottom of your feet touch each other. Lean forward for a deeper stretch. Do NOT bounce your legs!!	Hold only until tension, not pain!	Hold for 30 seconds
Core Stretch	Stretching Cool down	Rectus abdominis	Bring your extended arms above your head and interlace your fingers together. Push your arms up to the sky.	Hold only until tension, not pain!	Hold for 30 seconds
Cat / Cow Stretch (core and back)	Stretching Cool down	Rectus Abdominis, oblique abdominis, Erector Spinae, Latissimus Dorsi, trapezius	Get on all fours with your arms extended, palms flat on the ground under your shoulders. Curve your back up toward the sky like a cat, then arch your back and bring your upper body up towards the sky with your head facing forward.	Hold only until tension, not pain! Exhale on going to cat, inhale on going to cow	Hold each for a long breath, repeat a few times

*** As a general rule you want to start out at a slower pace and increase the intensity as you go. There are many things you can do to increase intensity: speed up aerobic exercises or slow down strength exercises, increase reps, increase sets, get down lower into the motion, jump (turn it into a plyo exercise), or add weights. To make things easier you can: slow down aerobic exercises, step out the motions, decrease sets, decrease reps, do not fully bend down into the motions.***

1 hour home workouts: Pick and choose!

10 min Active Warm Up: Choose 4-5 exercises to include in your warm up. Repeat 3 times.

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45 min ST Full Body Conditioning Phase: Choose an exercise for each major muscle group: 1 for shoulders, 1 for chest, 1 for biceps, 1 for triceps, 1 for core, 1 for back, 1 for glutes, 1 for hamstrings, 1 for quads, 1 for calves (10 exercises repeat 1 time)

OR

45 min ST Upper Body Conditioning Phase: Choose 2 shoulder, 2 arms (1 biceps + 1 triceps), 2 chest, 2 core, 2 back (10 exercises, repeat 1 time)

OR

45 min ST Lower Body Conditioning Phase: 2 hamstring, 2 quads, 2 calf, 2 glutes, 1 adductor, 1 abductor (10 exercises, repeat 1 time)

OR

45 min Cardio Conditioning Phase: 10 aerobic exercises (repeat 1 time)

OR

45 min Cardio and Upper Body: 4 aerobic exercises, 1 biceps, 1 triceps, 1 shoulder, 1 core, 1 back, 1 chest (10 exercises, repeat 1 time)

OR

45 min Cardio and Lower Body: 4 aerobic exercises, 1 hamstring, 1 quad, 1 calf, 1 glutes, 1 abductor, 1 adductor (10 exercises, repeat 1 time)

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5 min Cool Down Stretching: Stretch out 10 muscles that you used! Hold each for 30 seconds or stretch out 5 muscles and repeat 1 time