

## How to create your own personalized Home Exercise Plans:

- 1.) Make a goal. (Is it to strengthen your arms, leg, core, or increase your endurance?)
- 2.) Use the template below to know how many exercises of each muscle group you need.
- 3.) See the list of all home exercises and pick and choose exercises that you enjoy and one's that fit into your lifestyle.
- 4.) Write them down! Have a few handy on you so that you can refer to them whenever you'd like.

### 1 hour home exercise plan template:

**10 min Active Warm Up:** Choose 6 exercises to include in your warm up. *Do each for 30 seconds and for 3 times.*

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**40 min ST Full Body Conditioning Phase:** Chose 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 *(60 seconds for each with 15 sec rest in between; 10 exercises 3 times)*

**OR**

**40 min ST Upper Body Conditioning Phase:** Choose 2 shoulder, 2 arms (1 biceps + 1 triceps), 2 chest, 2 core, 2 back *(60 seconds for each with 15 sec rest in between; 10 exercises 3 times)*

**OR**

**40 min ST Lower Body Conditioning Phase:** 2 hamstring, 2 quads, 2 calf, 2 glutes, 1 adductor, 1 abductor *(60 seconds for each with 15 sec rest in between; 10 exercises 3 times)*

**OR**

**40 min Cardio Conditioning Phase:** 10 aerobic exercises *(60 seconds for each with 15 sec rest in between; 10 exercises 3 times)*

**OR**

**40 min Cardio and Upper Body:** 4 aerobic exercises, 1 biceps, 1 triceps, 1 shoulder, 1 core, 1 back, 1 chest *(60 seconds for each with 15 sec rest in between; 10 exercises 3 times)*

**OR**

**40 min Cardio and Lower Body:** 4 aerobic exercises, 1 hamstring, 1 quad, 1 calf, 1 glutes, 1 abductor, 1 adductor *(60 seconds for each with 15 sec rest in between; 10 exercises repeat 3 times)*

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**10 min Cool Down Stretching:** Stretch out 10 muscles that you used! Hold each for 30 seconds for 2 times.

## 30 minute home exercise plan template:

**5 min Active Warm Up:** Choose 5 exercises to include in your warm up. *Do each for 30 seconds and repeat 2 times.*

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**20 min ST Full Body Conditioning Phase:** Choose an exercise for each major muscle group: 1 for shoulders, 1 for chest, 1 for core, 1 for back, 1 for glutes, 1 for hamstrings, 1 for quads, 1 for calves *(60 seconds for each with 15 sec rest in between; 8 exercises 2 times)*

**OR**

**20 min ST Upper Body Conditioning Phase:** Choose 1 shoulder, 2 arms (1 biceps + 1 triceps), 1 chest, 2 core, 2 back *(60 seconds for each with 15 sec rest in between; 8 exercises 2 times)*

**OR**

**20 min ST Lower Body Conditioning Phase:** 1 hamstring, 2 quads, 1 calf, 2 glutes, 1 adductor, 1 abductor *(60 seconds for each with 15 sec rest in between; 8 exercises 2 times)*

**OR**

**20 min Cardio Conditioning Phase:** 8 aerobic exercises *(60 minutes for each with 15 sec rest in between; 10 exercises 2 times)*

**OR**

**20 min Cardio and Upper Body:** 3 aerobic exercises, 1 biceps, 1 triceps, 1 shoulder, 1 core, 1 back, 1 chest *(60 seconds for each with 15 sec rest in between; 9 exercises 2 times)*

**OR**

**20 min Cardio and Lower Body:** 3 aerobic exercises, 1 hamstring, 1 quad, 1 calf, 1 glutes, 1 abductor, 1 adductor *(60 seconds for each with 15 sec rest in between; 9 exercises 2 times)*

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**5 min Cool Down Stretching:** Stretch out 10 muscles that you used! Hold each for 30 seconds 1 time.

\*\*\* 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.\*\*\*

# Sample Home Exercise Plan:

## 20 min Cardio and Upper Body Home Exercise Plan

Warm Up	Jumping Jacks High Knees Butt Kicks Side Lunges Shoulder Circles
3 aerobic exercises	Mountain climbers Burpees Walking Lunges
1 bicep	Bicep Curl
1 tricep	Tricep Dips
1 shoulder	Front and Side Arm Raises
1 core	Side Crunches
1 back	Superman Swimmers
1 chest	Push ups
Cool Down	Tricep Stretch, Bicep Stretch, Shoulder Stretch, core stretch, child's pose stretch, chest stretch, Head Pull stretch, side-neck stretch, Cat-Cow stretch, side stretch