



## Home Cooked Full Body Program

These are just a few effective and simple exercise one could in do in a home like settings or any settings outside of a fitness facility. These exercises require very little equipment outside of a simple chair or stool. If attainable, small equipment like resistance band and medicine balls are a great way to intensify and alter these and other exercises. Complete 3-4 rounds of each for 45 seconds, with 15 seconds resting in between.

### Burpees

Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep. ↓



### High Knees

Stand in place with your feet hip-width apart. Drive your right knee toward your chest and quickly place it back on the ground. Follow immediately by driving your left knee toward your chest. Continue to alternate knees as quickly as you can →



## Forward Lunge With Twist →

Stand with feet about shoulder-width apart. With your right foot, step forward into a basic lunge position. As you bend your knee, be sure to keep your knee over your right foot (don't twist at the knee). From your midsection, twist your upper body to the right. Keep your core engaged and squeeze your glutes. Reach across your right side with your arms outstretched. In a slow, controlled movement, bring your arms back to the center. Step the right foot back and return to your starting position.



## ← Butt Kicks

Start standing tall and bring one heel off the floor towards your glutes, the opposite hand comes up towards you shoulder like running arms, then switch to the other side.

## Step-Up With High Knee. →

Flex your **knee** and raise off of the ground, at the same time **drive** your opposite **knee** forward and upward until it is parallel to the floor and keep foot upright (dorsiflexed) slowly **step** down completely to starting position, repeat with the opposite leg.



## Triceps Dip ↓



grip the edge of a chair or bench next to your hips. Your fingers should be pointed at your feet. Your legs are extended and your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair or bench. Lower yourself until your elbows are bent between 45 and 90 degrees. Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.

## Plank With Knee Raise →

Come up into a push-up position. Engage your core and keep your spine is straight and your body is in a straight line from head to toes. When you are ready, bring your right knee forward and across the body to touch your left elbow. Once the knee is as close to your elbow as you can get it, return to the starting position. Repeat with left knee



## Wall Sits →

Start with your back against a wall with your feet shoulder width and about 2 feet from the wall. Engage your abdominal muscles and slowly slide your back down the wall until your thighs are parallel to the ground. Adjust your feet so your knees are directly above your ankles (rather than over your toes). Keep your back flat against the wall. Hold the position for 20 to 60 seconds. Slide slowly back up the wall to a standing position.



## Push ups ( On Knees)

Place your knees on the floor or mat. Position your hands shoulder's width apart on the ground. Slowly lower your torso down towards the floor, Pause. Pull your torso up to the starting position.