

At-home full body workout

Workout of the month: April



Warm-up

5-minute walk

Legs

Sit-to-Stand Chair Squats – 3 x 15

- Place a chair directly behind you, low enough where your thighs will be parallel to the floor
- Push hips back, sit down – shift weight forward, stand up pressing through hamstrings and heels

Back

Standing Resistance Band Row/Pull - 3 sets x 15 reps

- Secure band around solid point; set up the same as in the gym

Chest

Wall Push Ups – 3 sets x 15 reps

- Make sure your hands are in line! (find a new line ☺)

Arms

Seated Biceps Curl to Shoulder Press – 3 sets x 15 reps

- Sit with palms facing out, curl up to shoulders, rotate palms facing away, press up

Dumbbell Triceps Kickback – 3 sets x 15 reps (each arm)

- One hand supported forward, lock the opposite arm up and next to the body, hinge at the elbow, and straighten the arm backward

Core

Sit Ups

- Lay on the bed/couch with feet hanging off end up to the back of your knees
- Reach arms forward and “sit up” slowly, repeat
 - a. Use a pillow under the back to decrease the range of motion if a full sit-up is too difficult at first