

# Staying Fit at Home

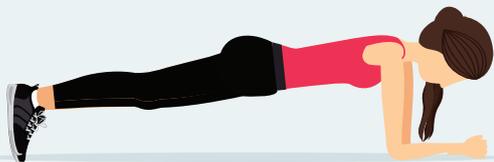
You don't need equipment or a gym to exercise to get fitter and stay healthy. Here are some exercises to get you started! Remember: only do what feels right for your body and don't use weights unless you are feeling fit and able.



Warm Up

Front Plank

15 to 30 second hold



Tense your tummy and your buttocks so that it maintains a straight line as you plank. Grasp your hands together and look at the wall ahead of you rather than the ground. If you cannot maintain good form while in a full plank position, you can perform a plank on your knees which can build your strength to a full plank later.

Warm Up

Side Plank

Left and right side:  
15 to 30 second hold



While keeping your body tense like in the previous tip, try to raise your hip towards the ceiling as you perform your side plank, this will activate your muscles more and you can get even more out of the workout!

Warm Up

Squats

15 reps (4 seconds lowering,  
1 second raising)



Feet shoulder width apart, you're going to bend backwards (as if you were going to sit on something), where will you then push up to bring you back to a standing position.

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## Lower Body

### Split Squats

10 to 15 reps  
each leg



Place your foot on an elevated surface, whether that is your bed or a chair. You can choose to either do this with your bodyweight or with additional weights (2x cartons of milk for example).

## Lower Body

### Hip Thrusts

10 to 15 reps



You can choose to do this with your bodyweight, or with additional weights (like the split squats). If you choose to complete with weights, rest them on your pelvis. You can choose either your bed or your chair as your resting surface, the height should be placed behind your shoulder blades.

For better form and control, always face towards the wall in front of you rather than towards the ceiling.

**repeat 3 times!**

## Upper Body

### Push Ups

10 to 12 reps



Tense just like the plank. Tuck elbows in. Aim for a 90 degree angle. You can also perform the push ups on your knees, so that you can build up to a traditional push up

## Upper Body

### Tricep Dips

8 to 10 reps



On a chair, lower your body for 3 seconds, and push up in 1. This will build strength in your arms. Make sure not to touch your bottom to the ground.

**repeat 3 times!**

## You did it! Cool Down and Stretch!

Cool Down: Rest 1 min (walk around your spot)  
Stretches: You've done it! Well done! Now is the time where you can do some stretches where you feel tight. Check out this great resource for some that you can do:  
[redefiningstrength.com/35-stretches-stretch-head-toe/](http://redefiningstrength.com/35-stretches-stretch-head-toe/)

