At Home Workouts

St. Paul's
SENIOR SERVICES
Body Weight Exercises

No equipment needed!

30 Jumping Jacks
5 Push Ups
25 High Knees
7 Burpees
10 Crunches
7 Squats
5 Push Ups
10 Crunches
5 Push Ups
7 Squats
30 Jumping Jacks
1 Minute Wall Sit
5 Push Ups
25 High Knees

Repeat routine 3-5 times.
10 Fat Burning Exercises

Equipment Needed: yoga mat or soft surface for floor exercises; jump rope; interval timer.

Perform each move for 20 secs; rest 10 secs after each move; repeat routine 3 times weekly for best results.

Beginner Level: complete 1 circuit
Intermediate Level: complete 2 circuits
Advanced Level: complete 4 circuits

1. Jumping Lunges
2. Pilates Leg Pulls
3. Burpees
4. Jump Rope
5. Jack Knife Crunches
6. Jumping Squats
7. Mountain Climbers
8. Plank
9. Pushups
Beginner's Home Workout

This plan targets the large muscles that provide stability and core strength. You don't need any special equipment. You can do them in one workout session or split them up throughout the day. Aim to perform two to three sets involving 10 to 12 repetitions (reps) of each exercise.

Push-ups: Perfect form is essential when doing a push-up. Start with a variation you can complete with good technique.

Lunges: Start by doing a set of simple back lunges, which help build your buttocks and thighs. Use a wall or chair for balance if needed. When you are able to do 10 to 12 lunges on each leg without support, try the front lunge or another variation.

Squats: The squat works the major muscles in your lower body and helps to shape firm buttocks and thighs. Always perform a squat with your feet hip-distance apart. Your hips should sink behind you as if you are sitting in a chair.

Planks: A plank exercise strengthens the abdominal muscles and those that support your back. Begin by holding the plank position for 15 seconds. As you get stronger, progress to 30 seconds and eventually 90 seconds.
Yoga Sequence (10 minutes)

Downward Facing Dog (3-5 breaths)
Step forward, walk hands behind your wrist for Ragdoll (3-5 breaths)
Release arms, feet to touch Forward Fold (1 breath)
Plant hands and either Chaturanga or step into Downward Facing Dog

Do on each leg...full series each side:
Lift heel high, step through low lunge
Open up into Warrior II (hold 3 breaths)
Straighten front leg, reach forward into triangle pose (hold 3 breaths)

Pivot toes parallel, Prasarita/Forward Fold (3-5 breaths)
Rise and find Reverse Warrior, windmill arms to low lunge (hold 2 breaths)
Release to runner’s lunge (5 breaths)
Step back, Downward Facing Dog (1 breath)

(SPINE STRENGTHENING)
Shift to high plank, lower down to belly
Hands next to shoulders, zip legs together, press down into mat and lift from lower back...Cobra Pose (Hold 3 breaths)
Release...extend arms out like wings, point toes back, inhale to lift arms and legs, lifting from lower back. (Hold 3 breaths)

Release down to child’s pose (3-5 breaths)
Rise to table top, walk knees forward and release into Heroes Pose (5 breaths)
Step back into table top, and extend each leg one at a time to bring fluid back into joints.

Do each leg...
Roll down onto your back, Figure Four (3-5 breaths)
Pull knee up and around rib cage, pressing into armpit, squeeze for about 2 breaths and then guide knee across body and open arms into T shape and gaze opposite direction...stay as long as feels good.
Women's Health Workouts

https://www.womenshealthmag.com/workouts/

Here’s a list of some of the workouts on their site.

Most of these don’t require any gear!

Home Cardio Routines

Strong Obliques Exercises

Low-impact Exercise with a High Calorie Burn!

12 Bodyweight Exercises for a Strong Back

Upper Body Workouts

Sculpting & Toning
Spruce Up Your Water!

Give a Squeeze...
Squeeze some citrus into your water! Mint It.

Infuse with fruit:
Fill a large jug with water, sliced fruit and ice; refrigerate overnight.

Make a Mash!
Mash up blueberries or raspberries in the bottom of your glass, then add sparkling or still water.

Tear up some fresh mint leaves and steep in water before drinking.

Take Tea
Pick a favorite and brew.
Detox/Twisting Flow:

Child’s Pose
Table Top
Twist each side from Table Top
Cat/Cow
Downward Facing Dog
Ragdoll
Samasthi

SUN A
Tadasana Mountain Pose
Half Moon each side (3B each side)
Gentle back bend
Swan dive forward
Halfway Lift
Vinyasa

Repeat 2x after setup

SUN B
Chair Pose with Open Twist
(Hold each side 2B, then flow 2x each side)
Forward Fold
Halfway Lift
Vinyasa

Warrior II
Extended Side Angle...Half bind option
Reverse Warrior
Vinyasa
Setup each side, then flow through 2x (no chair)

CORE
Eagle Arm crunches each side
Yogi Bicycles
Plank

CRESCENT SERIES
Crescent Lunge
Revolved Crescent
Vinyasa
Prayer Twist w/Gorilla in between

BALANCING
Eagle Pose flow into airplane with eagle arms
Dancers Pose

TRIANGLE SERIES
Warrior I
Triangle
Prasarita with spinal twist on right side, & regular Prasarita on left
Warrior II
Vinyasa

HIP OPENING THRU SURRENDER
½ Pigeon each side
Cobra
Table Top
Spine stabilizer (opposite hand & leg)
Table Top
Seated Forward Fold
Twist each side
Bridge
2nd set of bridge or wheel
Happy Baby
Supine Twist
Savasana
Apps for Working Out at Home

Class Pass Live

The Yoga Collective

The Nike+ Training Club

Pilates Anytime

Asana Rebel: Yoga and Fitness

Keelo

Sworkit

Qinetic

Active by Popsugar