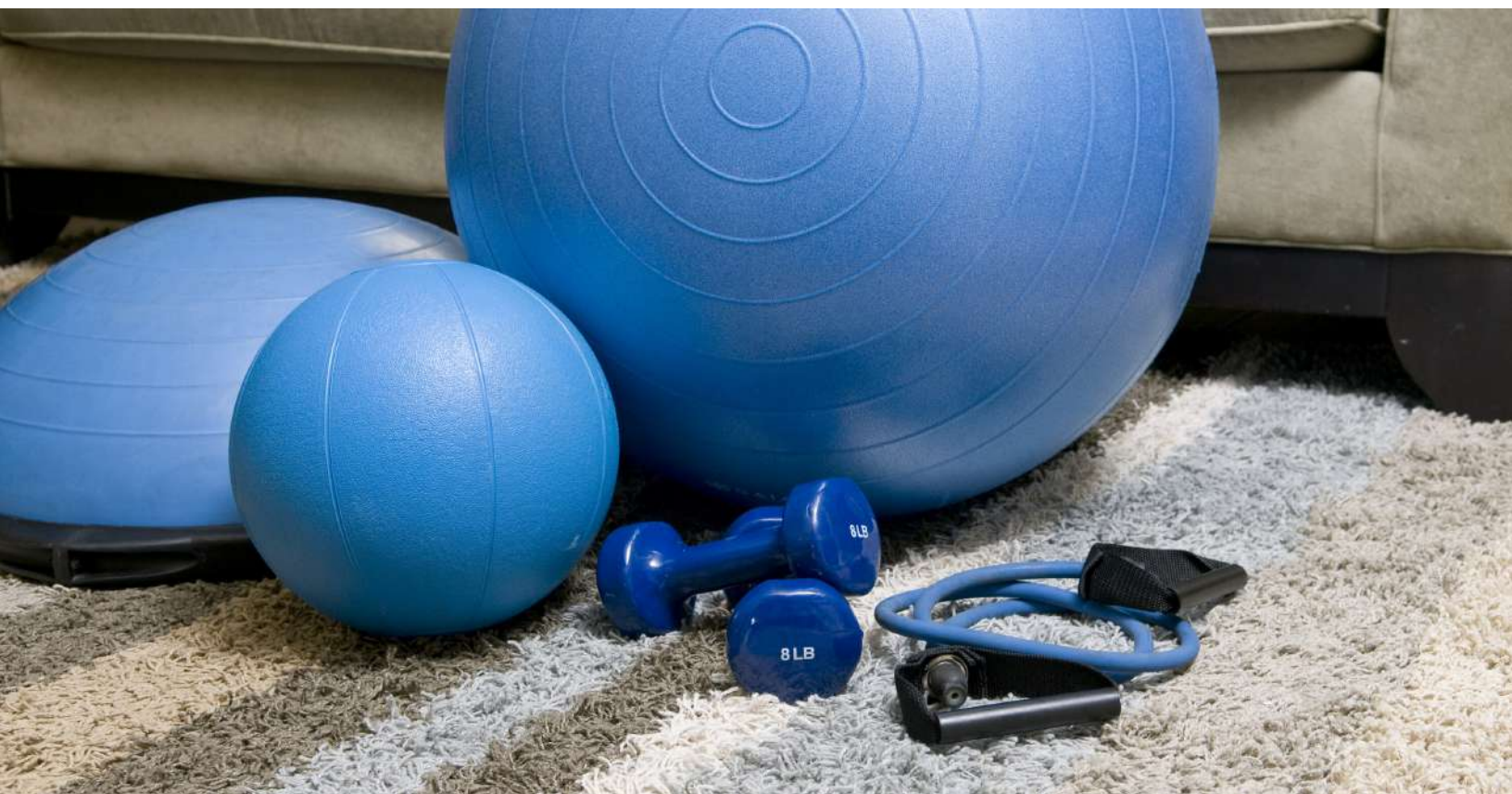
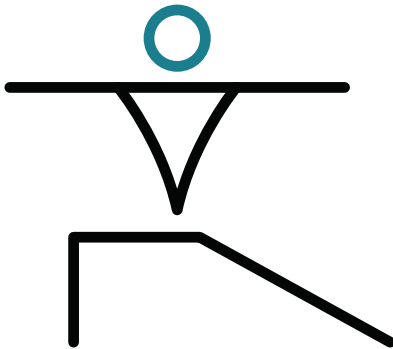


At Home Workouts



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

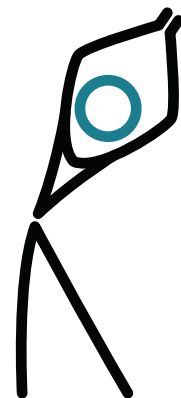
30 Jumping Jacks

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
10. Jumping Jacks.



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.

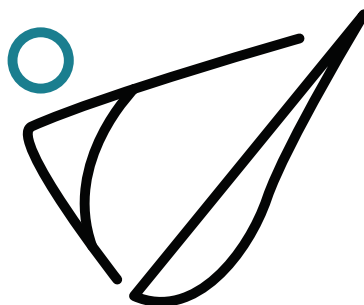
Push-ups: Perfect form is essential when doing a push-up. Start with a variation you can complete with good technique.

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

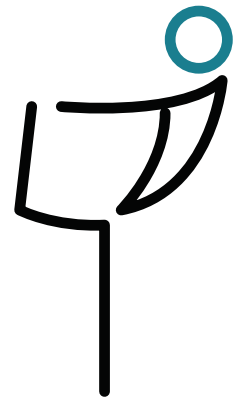
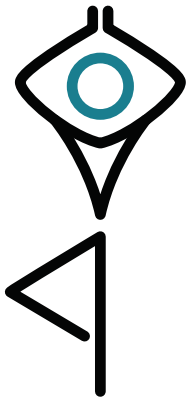
Strong Obliques Exercises

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.**

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



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.



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

