Stay Home and Stay Active!

Here are some Quick Tips and 3 separate workouts to help you stay active at home and create the proper workout environment!

1. Set the Environment
2. Get in the right clothing
3. Set the right Mentality
4. Get After It

Set the Environment:

This can be the first challenge of working out at home. The reason working out in a gym is easier sometimes than working out at home, is due to the environment. When you walk into a gym the look, feel, music, and even smell tells your body and your senses that you are in a gym and you are here to work. When you try to workout in your living room your body and senses can be confused. The couch is a place of rest, relaxation, warmth, and entertainment not sweat, hard work, and discipline. I am not saying to throw out your couch, but first you must visualize wherever you are going to workout with the right Attitude and Effort.

Get in the Right Clothing

Again, this goes back to tricking your senses into thinking you are at the gym and are about to get an intense workout in! Don’t show up in Pajamas or Jeans. Wear something athletic or something you usually do vigorous activity in. Maybe that’s Yard Work clothes or even a favorite Jersey or Sleeveless shirt? Whatever surface you are on, (carpet, tile, hardwood) make sure you are safe and wear the appropriate shoes. If you decide to workout in the backyard maybe where trail shoes or soccer cleats to ensure you don’t slip.
Set the Right Mentality

If you have a motivational picture on your phone or hanging around the house put it where you are going to work out. When you feel the burn and are going to give up you look up at that quote and keep going! Play some great music. A famous Strength and Conditioning Coach once said that “Music makes the Culture”. If you are about to workout put something on that motivates you! If Irish Polka does it for you than blast those bag pipes and wooden clogs! For some its intense music like Rap, Classic Rock, Dubstep, and more! Have a good sound system or headphones and turn it up!

Get After It

By far this is the most important piece to understand. You can workout hard OR you can workout LONG, but you can't do both. When designing a home workout, it does not have to be 2 hours long. It may be a 15-minute intense stretching session, or it could even be a 45-minute Aerobic training course. Whatever it is make sure you are pushing yourself. Its easy to get lackadaisical and go through the motions. Add weight to movements you need to make harder or go for a few extra seconds if the allotted time is too easy. You get out of this what you put into it. There are so many great resources online of all different types of workouts and exercise modalities to do indoors. Find your goal, make a plan of consistency, do your research, and GET AFTER IT!
WORKOUT 1:
Bodyweight and Beach Towel

Modify as needed to your own personal needs and limitations.

The Seated Upper Body Exercises are listed first, and then more advanced Total Body Exercises are listed below.

Upper Body

- **Towel Stretched Out Up and Over Head (3 sets of 30s) (10s of Rest)**
  o Place hands at ends of towel and reach back as far as you can with both arms. Then come back forward and repeat this amazing stretch

- **Towel Pull Snap Aparts (2 sets of 60s) (10s of Rest)**
  o Bring Hands together and forcefully snap towel out trying to rip it in half. Hold this tension for 10s

- **Straight Out Push Pull (3 sets of 45s) (20s of Rest)**
  o Pull the towel apart and keep tension in your muscles DO NOT RELAX
  o Keep the same tension, then push out and pull back to your chest in a slow controlled form. This should burn in your shoulders and you should be trying to squeeze your chest muscles together as you push out and squeeze your shoulder blades together as you come back in

- **Straight Arm Side Lean (3 sets 1.5 minutes) (15 seconds of rest)**
  o Create a “V” with your arms and your hands at the end of the towel.
  o Then lean to the side as far as you can and then lean to the other side as far as you can while keeping your arms locked and tension on the towel.
  o Do not let the towel “droop” or lower at all. Keep tension in your shoulders and try to squeeze your shoulder blades together!

- **Drop the Towel and Perform Big/Little Arm Circles Forward and Backward for 30seconds**
  o 30s BIG (Slow to medium)
  o 30s Small (As fast as possible)
  o 3 sets Forward
  o 3 sets Backward
WORKOUT 1:  
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**Total Body**

- **Double Leg Mountain Climbers (3 sets 40s) (Rest 20s)**
  - Get into an upright plank position and put both feet on the towel.
  - Slide your feet up towards your hands and then back into the starting position.
  - You should feel this in your abdominals, and it will also challenge your whole body as you hold yourself up.

- **Push Up Wax On Wax Off (3 sets of 8 Each Arm) (Rest 30s)**
  - Fold the towel and put it under one hand.
  - Perform a Push up and come back up.
  - Make a Clockwise/Counter-Clockwise motion with towel and repeat.

- **Over Head Victory Towel Sit Ups (3 sets 15 reps) (Rest 20s)**
  - Lay down on the ground with your hands at the ends of the towel.
  - Keep your legs straight and sit up.
  - As you sit up, keep your hands in a “V” shape and keep the tension in the towel. Don’t let it “Droop”.

- **Towel Superman Push Pulls  (3 sets 60s) (Rest 20s)**
  - Lay face down on the ground with arms and legs straight.
  - Grab the Towel with straight arms a little wider than shoulder width.
  - Lift your upper body off the ground.
  - Without letting your arms touch the ground, Pull the towel towards your chest and push it back out. Repeat this in a fluid motion.

- **Towel Reverse Lunge (3 sets 10 reps Each Leg) (Rest 15s)**
  - Place the towel under one foot.
  - Push the towel backwards while keeping most of the weight on the opposite foot.
  - You should be in a lunge position now with the towel foot behind you.
  - Slide the foot back up and repeat. Switch after 10 reps.