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 2:
Bodyweight and Heavy Backpack

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

- **Over Head Bag Press (4 sets of 8 reps) (Rest 15s)**
  - Put heavy books, food, water bottles…etc. into a backpack of your choice. Make it Heavy
  - Push the Bag up and over your head and “push” your head through your arms at the top of the movement
  - Bring the bag back down slowly in a controlled motion and repeat

- **Bag Russian Twists (3 sets of 40 seconds) (Rest 20s)**
  - If possible lean back as far as you can in your chair without tipping the chair or turn sideways in your chair if possible
  - Bring the bag to one side of your body and now using your core and arms bring it to the other side of your body
  - Repeat this twisting motion either in a fast or slow controlled motion

- **Seated Rear Delt Flys (4 sets of 15 reps) (Rest 15s)**
  - Put the bag off to the side
  - Lean slightly forward in your chair
  - Straighten your arms out in front of you and put your hands together
  - In a fast fluid motion bring your hands back and try and squeeze your shoulder blades together as hard as you can
  - Bring your straight arms back forward slowly and repeat
  - You will be using your back muscles during this movement and remember to keep a lean in your chair!

- **Backpack Front Raise (3 sets 12 reps) (Rest 20s)**
  - Place the bag out in front of you on the ground
  - With Straight arms and only using your shoulders raise the bag up
  - Stop when your hands are slightly above your head and lower the bag back down

- **Backpack X’s and Curls (3 sets 8 Each Side) (Rest 10s)**
  - Bring the bag off to one side and then using both arms curl it up to the opposite shoulder and repeat in a controlled motion
WORKOUT 2:
Bodyweight and Heavy Backpack

Total Body

- **Backpack Kettlebell Swings (4 sets of 10) (Rest 30s)**
  - Do not raise the backpack higher than chest level
  - With a wide stance swing the backpack under the legs
  - Using your hamstrings and glutes, bring the bag forward
  - As the bag comes swinging forward, using your shoulders, raise the bag to chest height and back down in a fluid repetitive motion

- **Single Arm Backpack Shoulder Press (4 sets of 8 reps) (Rest 15s)**
  - Stick the backpack in one of your arms at your side
  - Curl the backpack up to your shoulder and press it over your head using one arm

- **Backpack Goblet Squats (3 sets of 15) (Rest 30s)**
  - Place the backpack in front of you and bring it close to your chest with both arms
  - As you squat down and push your hips back push the backpack away from your body
  - Sit down low into a squat while keeping the bag outside of your body
  - As you stand back up, bring the backpack closer to your body

- **Backpack Plank Up Downs (3 sets of 40s) (20s Rest)**
  - Place the backpack on your back securely
  - Start in a push up/high plank position
  - Drop one arm down to an elbow
  - Drop the other arm down to an elbow
  - Push back up with one arm to the starting position on your hand
  - Push the other arm up to the starting position on your hand
  - Keep the Hips Still during this entire movement

- **Backpack Row (3 Sets of 12 reps) (Rest 30s)**
  - Lean Forward and try to get your torso Parallel to the ground
  - Grab the backpack and with both arms “Row” towards your chest in a pulling motion. Hint: Grab the shoulder straps
  - Slowly lower back down towards the ground and row back up
  - At the top of the row squeeze the shoulder blades together and create tension in your back muscles.