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 3:

Bodyweight, Chairs, and a Broomstick

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

- **Chair Dips (4 sets 12 reps) (Rest 20s)**
  - Place your hands at the edge of chair
  - Have your legs straight out or bent in a comfortable position
  - Bend your elbows and allow your body to slide downward
  - Now use your triceps and chest muscles and push yourself back up

- **Inverted Row (4 sets of 8 Reps) (Rest 20s)**
  - Set two chairs up with 2 feet in between them
  - Place the Broomstick on top of the chairs in the seats
  - Put your body in between the two chairs and grab hold of the broomstick
  - Make sure the chairs and broomstick are stable
  - Pull yourself towards the broomstick trying to get your chest close to the handle of the broom

- **Kayak Ab Drill (3 sets 60s) (Rest 20s)**
  - Safely lean back in your chair or turn yourself sideways in your chair and lean back
  - Either bring your legs up or keep them on the ground for variability
  - Grab the broomstick in both hands and attempt a kayaking motion with the broom
  - Dip one side low and rotate and alternate on the other side in a fluid motion. You should feel this in your core and shoulders

- **Broomstick Twist Crunch (3sets 60s) (Rest 20s)**
  - Bring your arms as high as you can in a “V” position holding the broomstick above your head
  - Twist and bend forward. Try to get your left hand to your right knee
  - Untwist and perform the motion on the other side

- **Seated Marches and Twisting Punches (4 sets 30/30) (Rest 15s)**
  - Bring your Knees as High as they can go in a Marching motion
  - Punch across your body and reach giving yourself a long reach
  - Perform a variation of slow to fast punches in intervals
  - These should burn in the shoulders and the front of the hips
WORKOUT 3:
Bodyweight, Chairs, and a Broomstick

Total Body

- **Inverted Row (4 sets of 8 Reps) (Rest 20s)**
  - Set two chairs up with 2 feet in between them
  - Place the Broomstick on top of the chairs in the seats
  - Put your body in between the two chairs and grab hold of the broomstick
  - Make sure the chairs and broomstick are stable
  - Pull yourself towards the broomstick trying to get your chest close to the handle of the broomstick. Keep your legs straight

- **Elevated Feet Push up (4 sets of 10 reps) (Rest 20s)**
  - Depending on the height of your chair put your feet on the seat or posts of the chair
  - Keeping your body straight perform a push up
  - You should feel this in your arms, chest, and core

- **Starfish Kayak Ab Drill (3 sets of 40s) (Rest 20s)**
  - Get on the ground and find your “tipping point” so your bottom is only touching the ground
  - Grab the broomstick in both hands and attempt a kayaking motion with the broom. Dip one side low and rotate and alternate on the other side in a fluid motion.
  - Spread your legs apart like a starfish and try to keep them straight
  - This will be very challenging and you will be using several muscles

- **1 Leg Chair Stands (3 sets 8 Each Leg) (10s Rest)**
  - Depending on how high your chair is will alter this exercise’s difficulty
  - Sit down in a chair and lift one leg
  - Stand up out of the chair with only one leg
  - Sit back down with only one leg

- **Broomstick Pulsing Lunges (3 sets 30s Each Leg) (15s Rest)**
  - Put the Broomstick over your head in a “V” formation
  - Get into a wide forward stance
  - Drop down into a Lunge and stand back up
  - Repeat in a pulsing manner without letting the feet move and maintain balance while broomstick is over your head.
  - This will burn in the legs and is a great stability exercise.