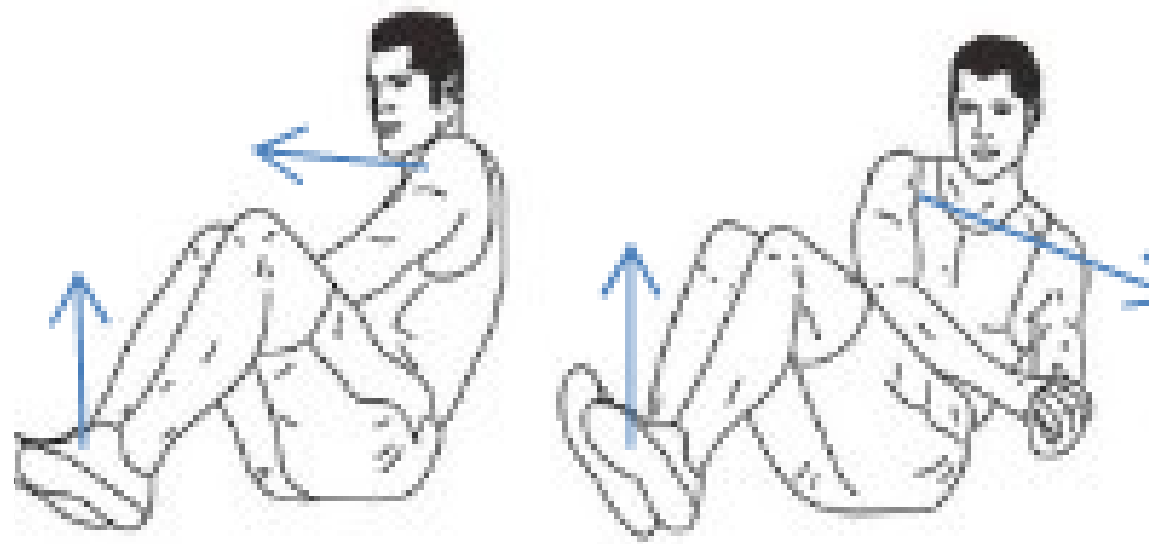
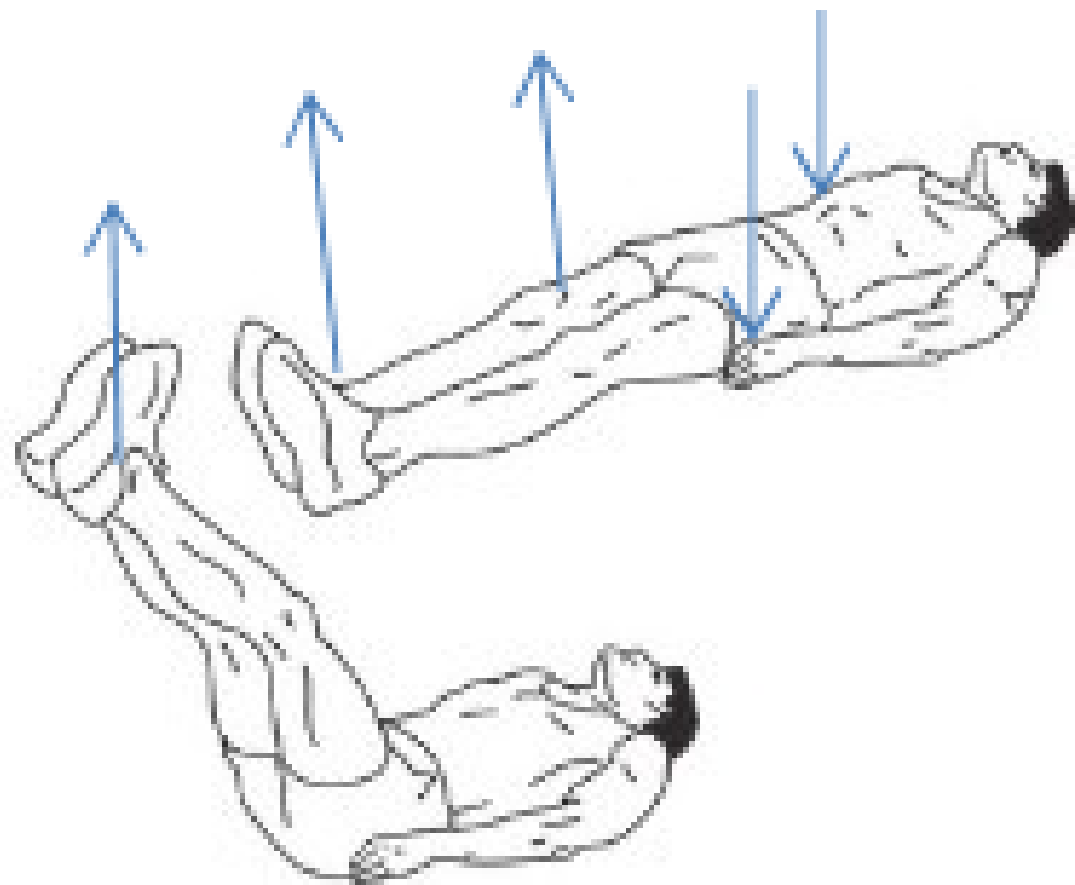


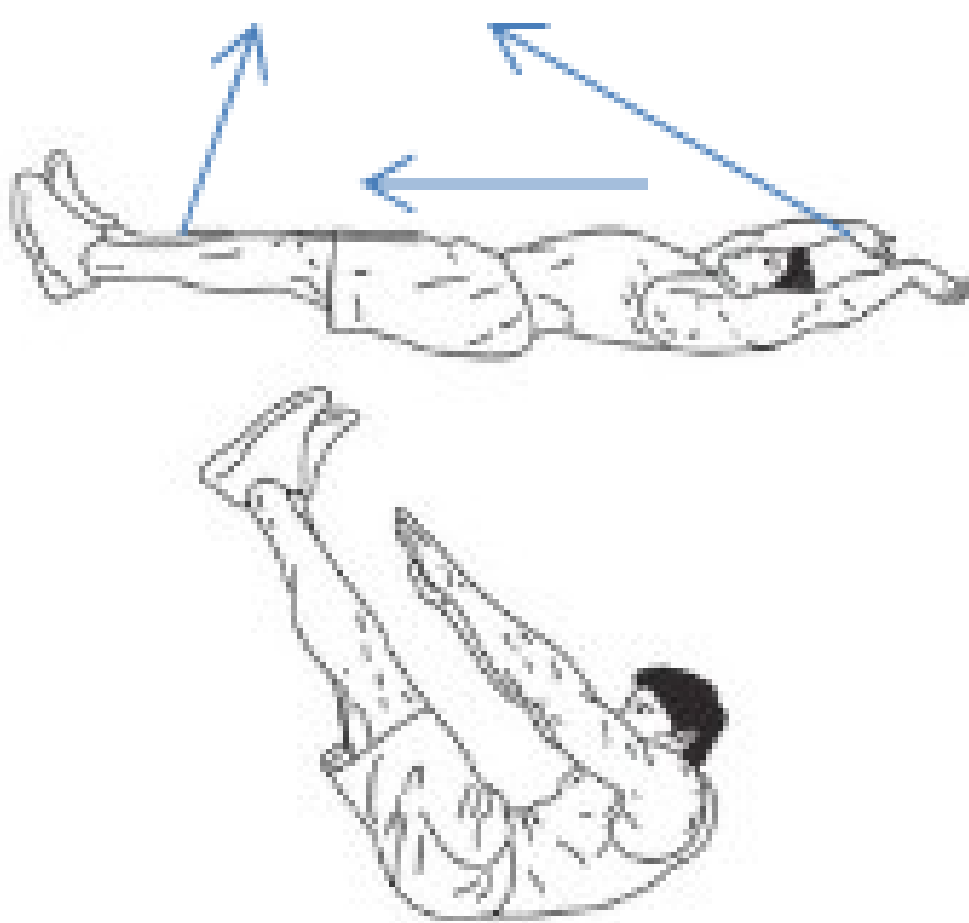
No Equipment Workout



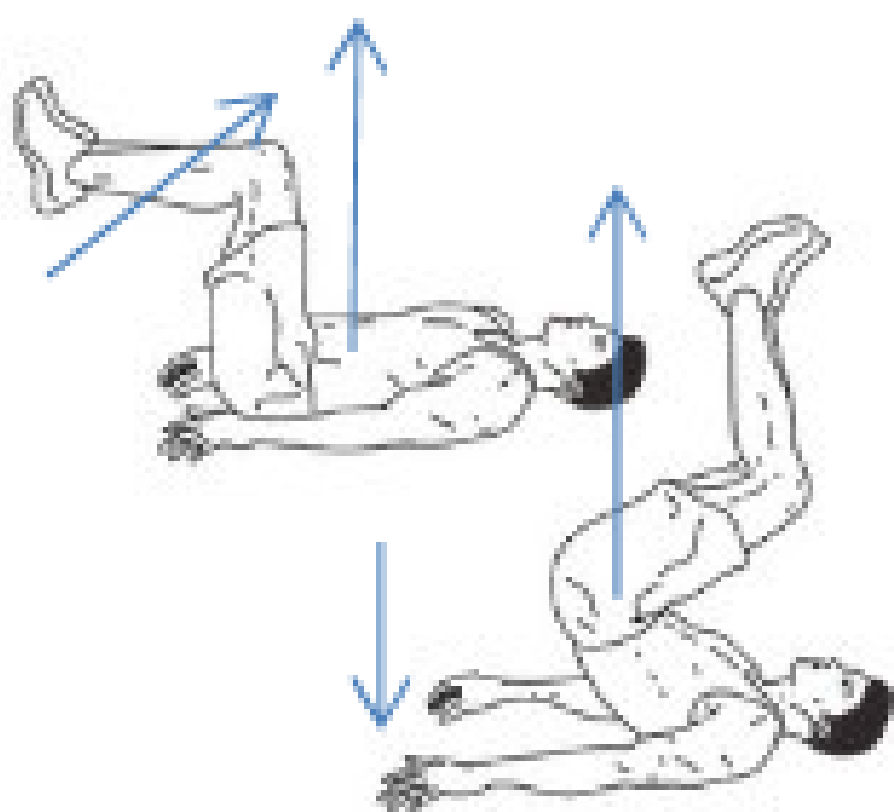
Russian Twist – Brace your core while balancing on your sit bones. Try to keep feet off the ground. Rotate with your core.



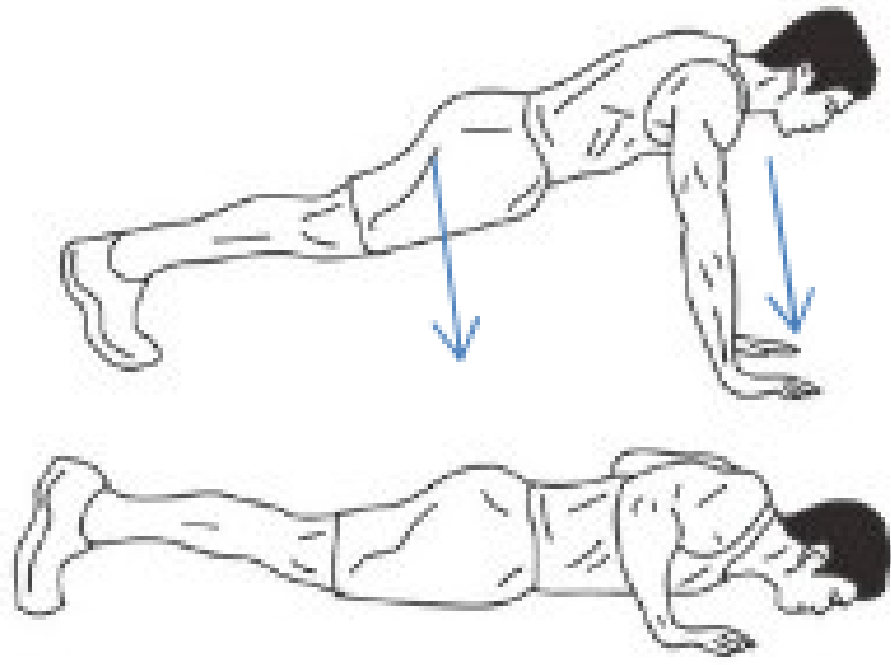
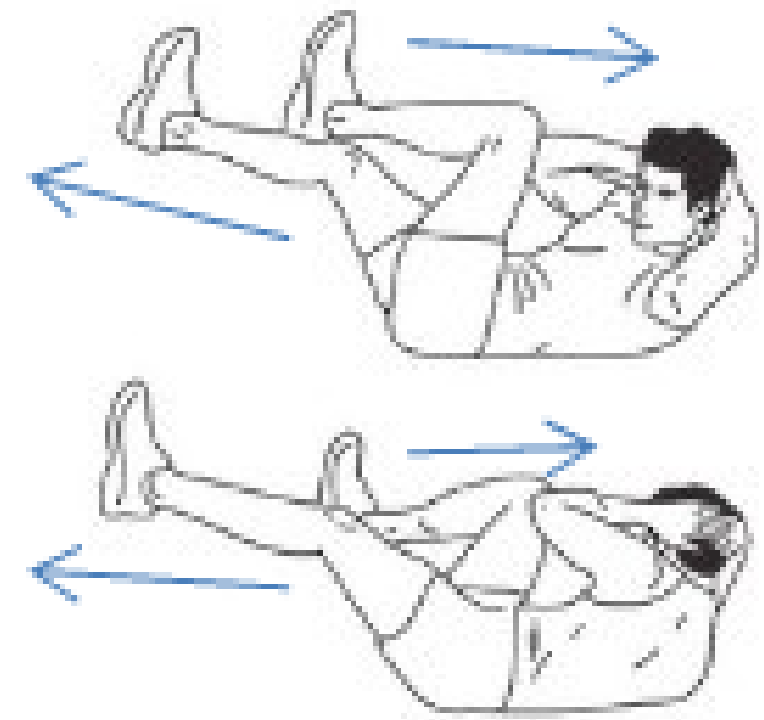
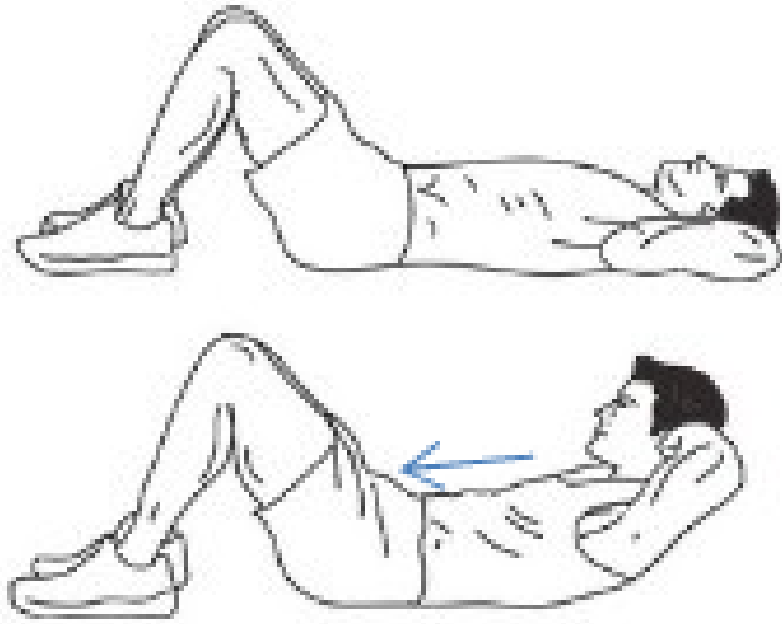
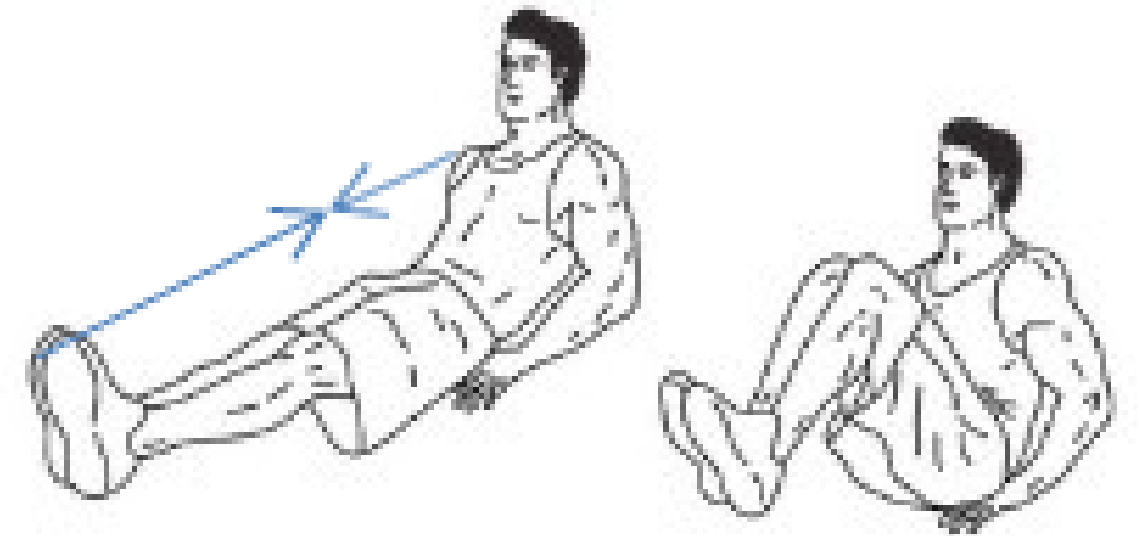
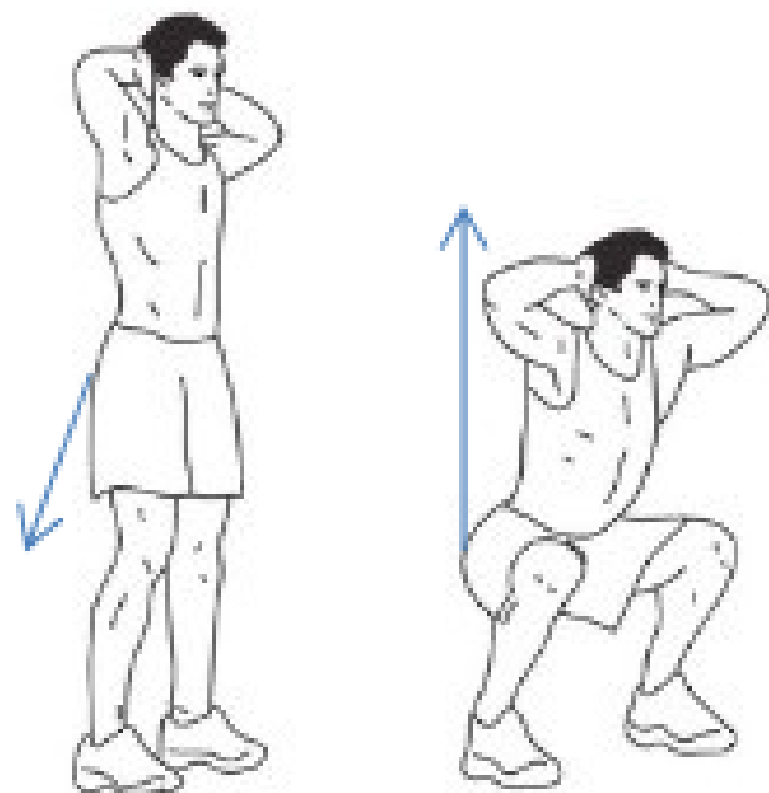
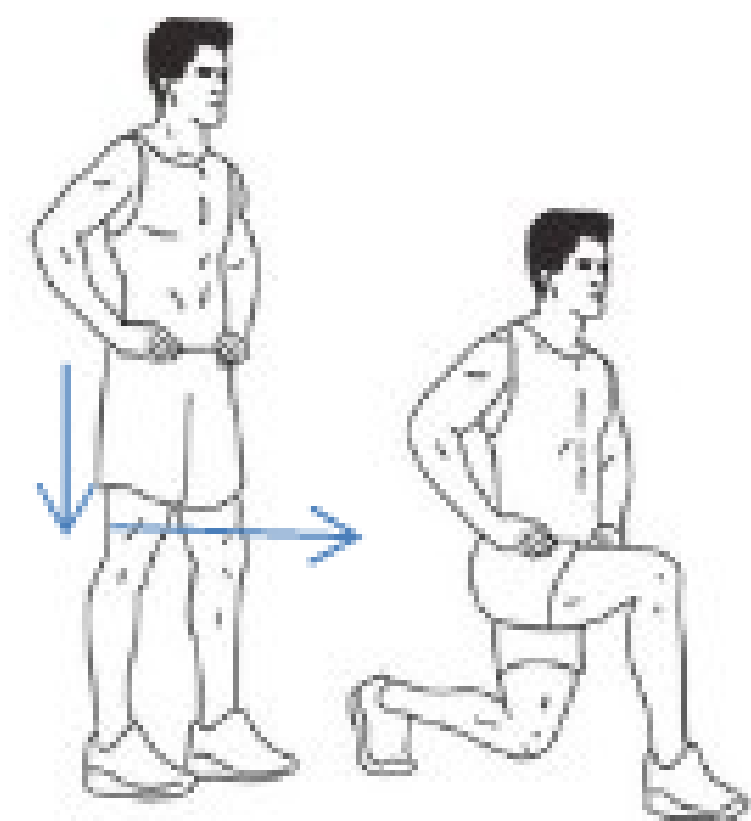
Leg Lifts – Use your arms to support your upper body. Lift your legs off of the floor until your hips rise. This will work the legs and abs.



Jack Knives – Using the core and some momentum, your legs will rise up and your arms will thrust forward. This works the entire mid-body: abs, lower back and hips.



Reverse Crunches – A.K.A hip presses. Your legs will come off the ground followed by your hips. Similar to the leg lift, only you will follow through by pressing them vertically off the ground. Use hands for support.

A**D****B****E****C****F**

A – **Push ups.** Standard upper body exercise. Using your arms, support the rest of your body on its decent. Press into the floor in order to raise the body into the original position. Try to keep the back and legs straight.

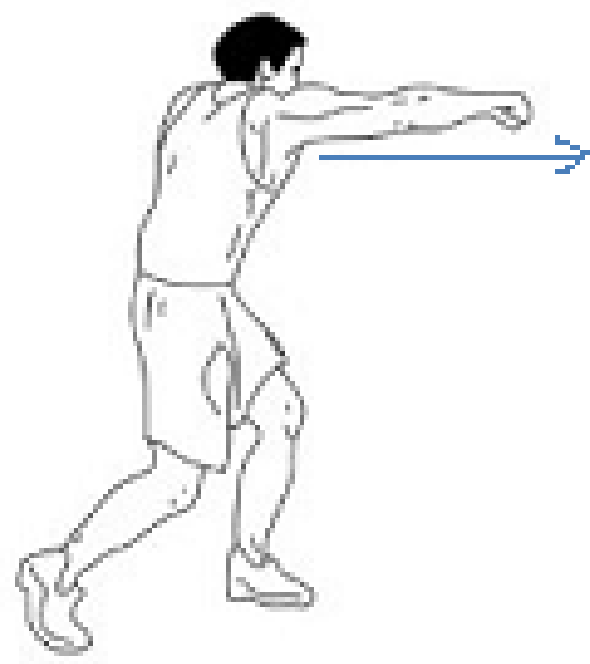
B – **Crunch.** Use the abdominal wall to force your upper body up and forward slightly. Don't use the hands to tilt your head up.

C – **Squat.** Allow the hips to descend while also pointing backward slightly (think of the "duck butt"). Raise the hips back into the original position. Think of all the work being done by the hips. Don't worry about the knees or legs.

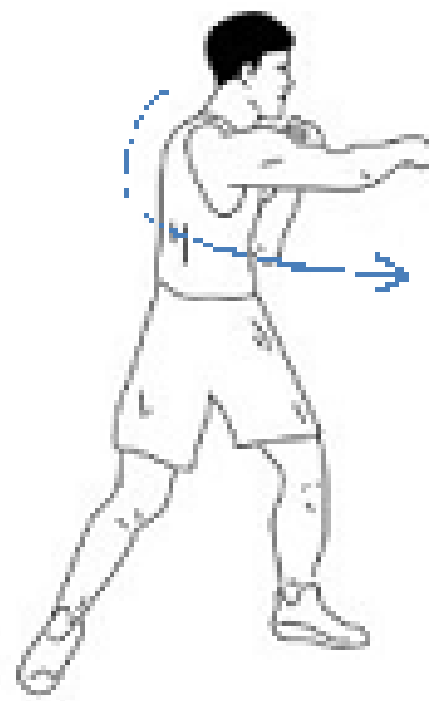
D – **Bicycles.** One knee tucks into the midsection while the opposite leg sticks out. Like the Russian Twist, you support yourself on the hips. Try touching your opposite elbow to the knee as it gets tucked in.

E – **Knee ins.** Support yourself on the hips like Russian twists. Hands can be placed under the hips for further support. Bring your knees in while bringing shoulders forward with abdominal contraction.

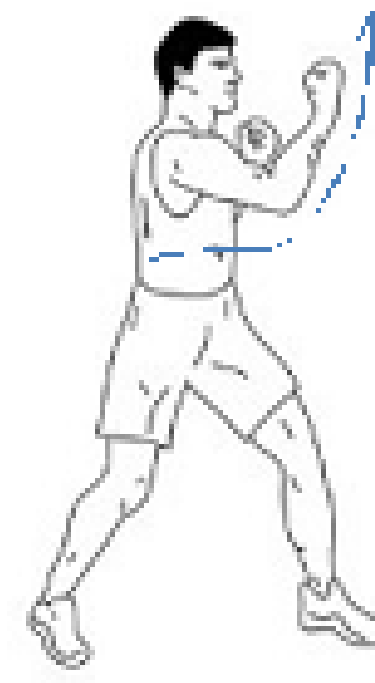
F – **Lunges.** Your hips will descend just like the squat, but one leg will be shot forward. In this case, you will want to focus on both of your legs – press yourself back up by using each front and back leg equally.



Straight Punch



Hook Punch



Upper Cut

Shadow Boxing: Stand in front of a mirror and throw these punches in combinations of your desire. Keep on your feet by bouncing side to side lightly, and try using a stance similar to this guy (one foot in front of the other). Use both your left and right hand. Three minutes of shadow boxing for a few sets with rest in between make for a good workout.

Running – Jogging – Walking Basics!

1.) **Dress appropriately.** Be sure to check the weather and dress according to how hot or cold it is.

2.) **Hydration!** Be sure to have plenty of water throughout the day leading up to your run. If you run first thing in the morning, be sure to get some water in before you head out.

3.) **Have a partner.** It helps to have someone there to motivate you, but safety is a much more important consideration here.

4.) **Know where you are going.** If you have never gone on a specific track or route before, make sure you know where the track will take you. Last thing you want is to be lost and worn out!

5.) **Long term plan.** Make a tentative schedule and stick with it! Hold yourself accountable among other peers.

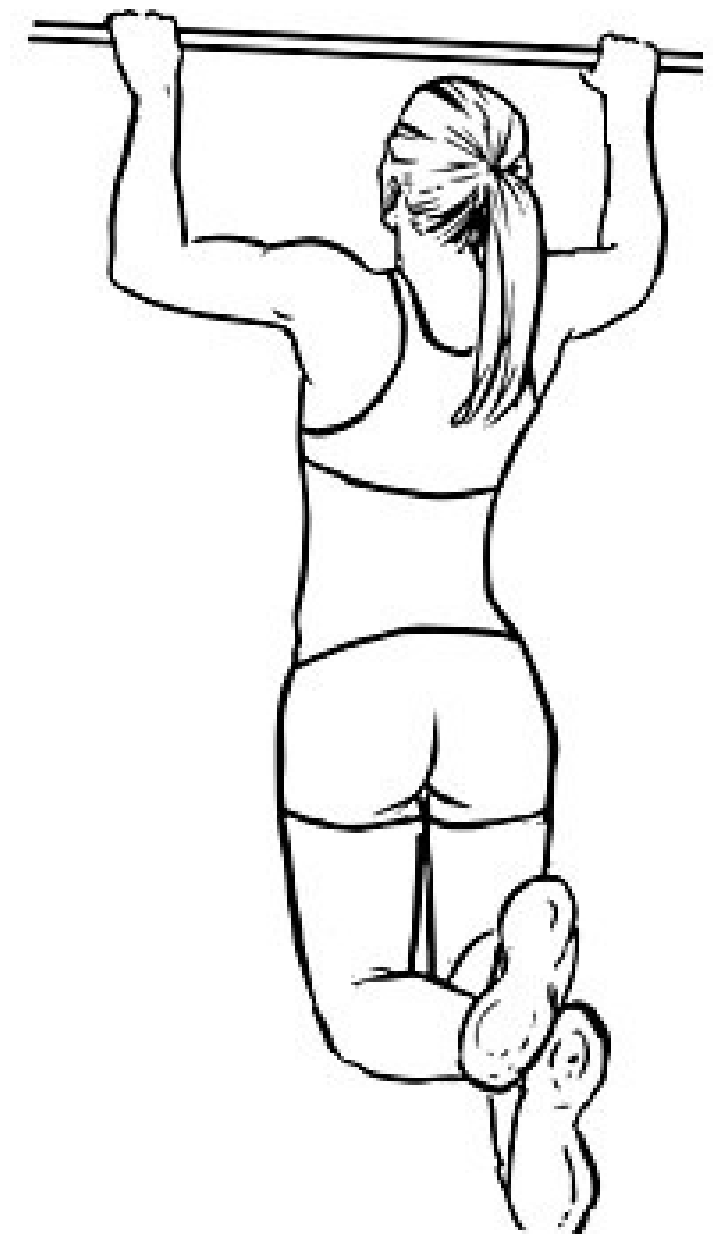
6.) **But be sure to rest!** Get some off time to allow your body to recover. This is especially important if you are new to running. You don't want to burn yourself up too soon.



Beginner Routine:

Frequency: 2 times a week

Time: 30 - 45 minutes total



Day 1: Walk or light jog for 15 minutes

10 Push ups

10 Squats

10 Lunges

10 Push ups

2 Mins. rest

Repeat this whole set after resting. See if you can get 5 sets.

Throw in some stretches at the end of the workout

If you come across a swing set or a pipe in the basement or even a sturdy door frame, try throwing in a few pull ups. If you can't do any, just hold on the bottom - you're still working your muscles that way!

Day 2-3 Off

Day 4: Walk or jog for 15 minutes

1 minute Russian twists

1 minute leg lifts

1 minute Jack knives

1 minute reverse crunches

1 minute crunches or bicycles

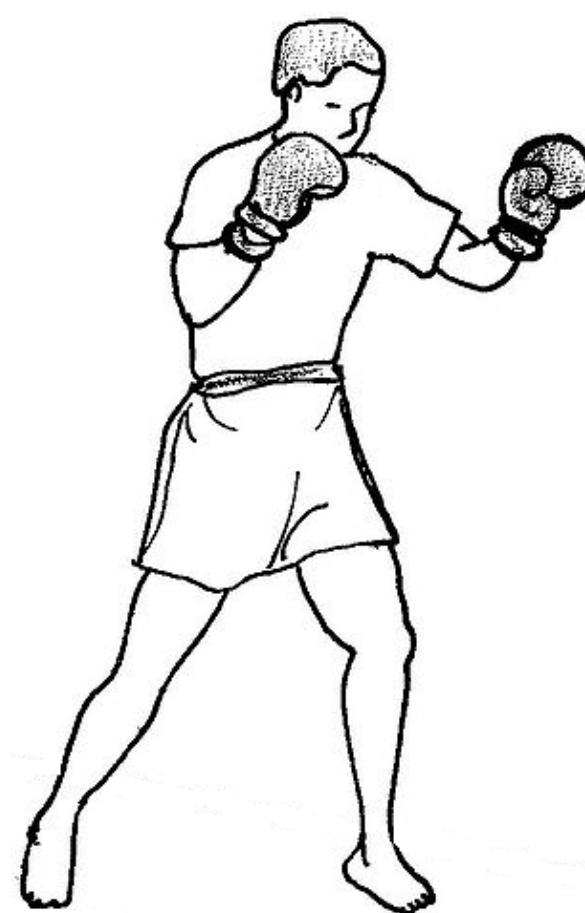
3-5 minutes of shadow boxing

2 minutes rest

Do 3 sets total and remember to stretch when you finish.

Repeat at the start of the next week.

Try to progress to 3 or 4 days.

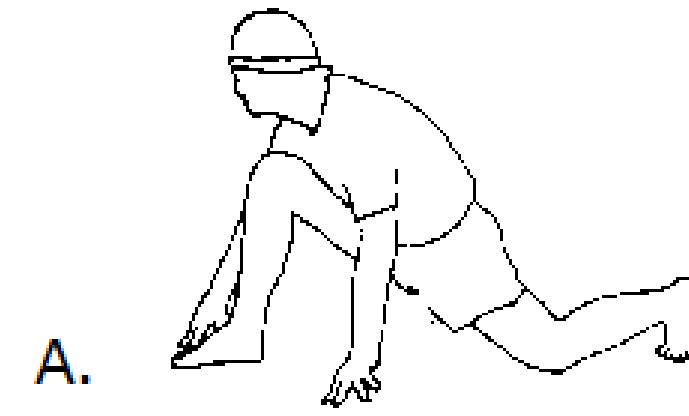


Shadow boxing doesn't necessarily mean you need to act the role of a professional boxer. Just feel around for the rhythm and throw some punches.

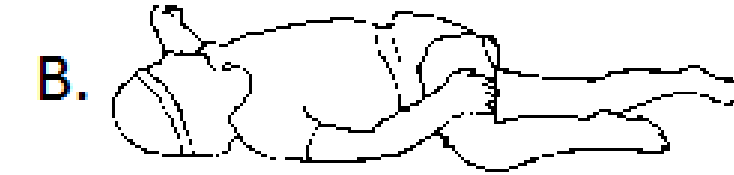
By 3 minutes, you may have thrown as many as 400 punches! Be sure to keep breathing and try moving around.

Basic Stretches for flexibility, improved range of motion and post-workout cool downs

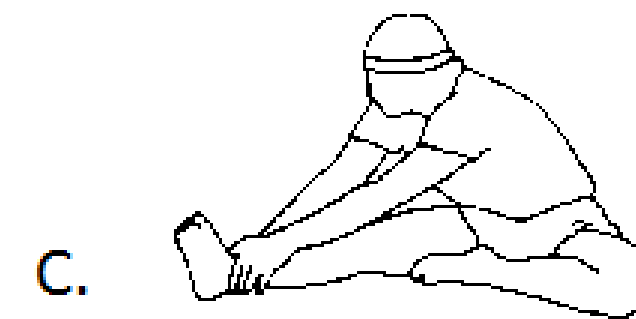
A: **Lunge** – Put your back knee into the floor and feel your hamstring and hip stretch out.



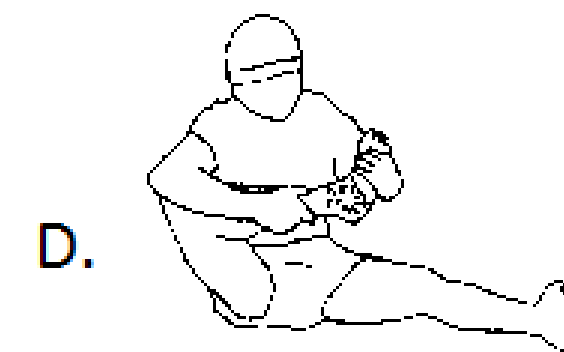
B: **Hip crossover** – Lying on the floor, bring one knee across your body to open up your hip. The hip being stretched will come off of the floor.



C: **Toe touch** – Reaching for your toe will stretch your hamstring and lower back. Touching the shins will work as well.



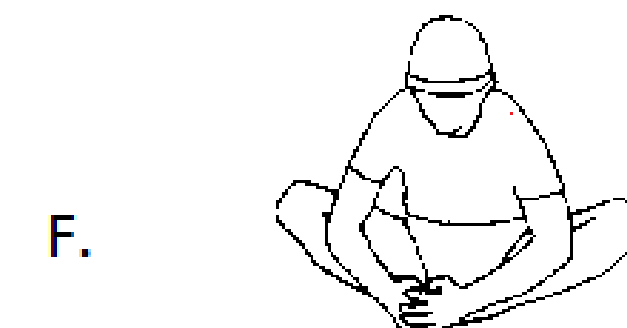
D: **Baby cradle** – Rotating one leg outward, grab underneath your shin and bring it towards your chest. Stretches the hip and inner thigh.



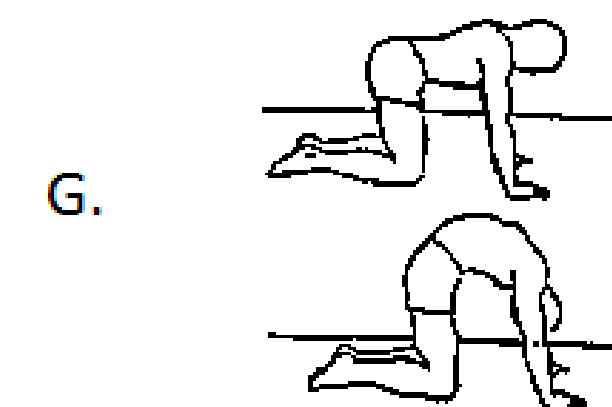
E: **Quadriceps stretch** – Stretches the front of the leg by pulling from behind.



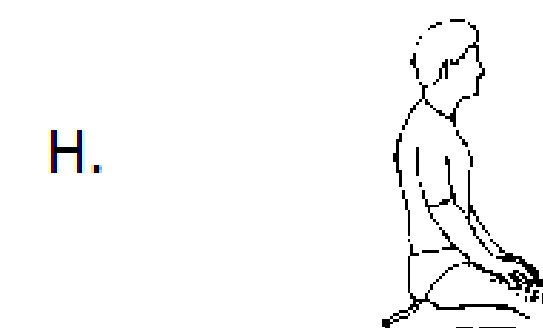
F: **Butterfly** – Bring your feet together, tuck them in close, and bring your knees as close to the ground as they can go. Inner thighs and hip musculature stretched here.



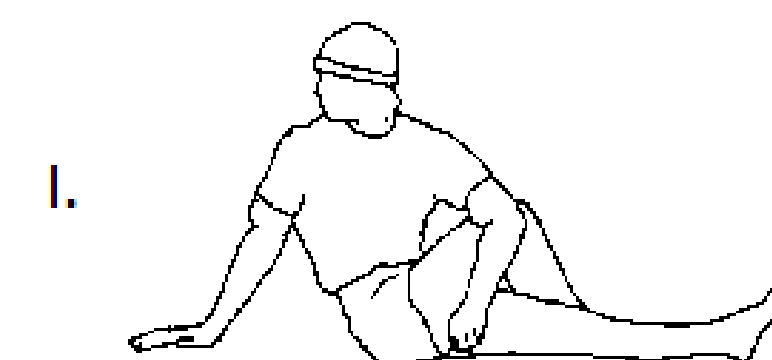
G: **Cat and Cow** – By assuming these two positions, you will stretch your core and lower back. Dip your back into the floor and follow through by arching it upwards.



H: **Hero's pose** – Stretch the thighs and legs by sitting on them.



I: **Seated rotation** – Stretch out the whole midsection and lower body by crossing a leg over and pressing on that leg with your arm. Try looking behind.



J: **Knee to chest** – Stretches the quadriceps and hip extensors by hugging each knee closely to the chest.

