

# Beginners Workout

## 5 exercises, 5 reps, 5x Through

There are many reasons as to why including some movement in your day can be beneficial. Not only does it aid in weight loss but research states that being active can lower your blood pressure, improve cholesterol (raising your good and lowering your bad) and build stronger bones and muscles and it allows you to be more flexible, improve mood, sleep, stress and increase energy.

The US Department of Human and Health Services recommends 150 minutes of activity per week. This is the ultimate goal, not where you need to start. Take time to build up endurance, strength and confidence to reach 150 minutes per week by starting small (10-15 minutes a few times a week) and building up. You have to create a foundation to build from.

Start with the first day, 2 to 3 times in a week. After 1 or 2 weeks include day 2 and so on until you have 6 days a varied exercise. You can even run through the workout twice if you want more of a challenge. Work with your provider if modifications are needed. Don't have weights? Use bottles of water or canned food.

It's always good to start with a warm up (jogging in place or jumping jacks for example)

### Stage 1: Legs

1. Squats – Sit back like in a chair and keep toes behind knees
2. Lunges – Step back bending each knee to max 90 degrees; keep toes behind knees – 5 each leg
3. Calf Raises – Stepping on tip toes as high as you can and slowly coming down
4. Deadlifts – Hinge over from the hips, knees slightly bent, back straight & reach for the floor
5. Butt Kicks – Jogging in place while kicking heel to your butt – 5 each leg



Squats



Lunges



Calf Raises



Deadlifts



Butt Kicks

### NOTES:

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## Stage 2: Arms/Shoulders

1. Tricep Dips – Using a chair or step, put arms behind you and bend at the elbow
2. Shoulder Press – Arms up at 90 degrees pointing up and slowly raise arms above head
3. Side & Front Raises – Raise straight arms up to the side, back down, then straight up in front
4. Bicep Curls – Arms straight down and curl from elbow (use canned food or books for weight)
5. Shoulder Taps – In a push-up position take your hand to the opposite shoulder – 5 each arm



Tricep Dips



Shoulder Press



Side and Front Raises



Bicep Curls



Shoulder Taps

### NOTES:

## Stage 3: Back/Chest

1. Wide Push-ups – Hands wider than shoulder distance, bend elbows back and bring entire upper body down close to the floor
2. Reverse Fly – Slightly bent over at hips, slowly raise arms back (try to squeeze a pencil between your upper back muscles)
3. Superman – Lie face down arms out in front, slowly raise arms/chest and legs from ground
4. Bird Dog – Start on all fours, reach right arm out and left leg back at the same time. Bring back to all fours – 5 each side
5. Chest Press – Lie on your back with arms on side in 90 degree angles. Raise arms straight overhead and squeeze chest



Wide Push-ups



Reverse Fly



Superman



Bird Dog



Chest Press

### NOTES:

## Stage 4: Glutes

1. Donkey Kicks – On hands and knees, raise one leg (at 90-degree bend) straight up – 5 each leg
2. Fire Hydrants – On hands and knees, raise one leg to the side – 5 each leg
3. Leg Circles – Lie on back, draw circles with foot with straight leg raised – 5 each leg
4. Hip Bridges – Lie on back with knees bent. Raise hips as high as you can
5. Front Kicks – Stand up and kick leg straight out parallel with the floor – 5 each leg



Donkey Kicks



Fire Hydrants



Leg Circles



Hip Bridges



Front Kicks

### NOTES:

## Stage 5: Abs

1. Crunches – Make sure to lift your shoulders off the ground
2. Russian Twists – Sitting with knees bent, twist entire torso and have hands touch the ground
3. Leg Lifts – Lift legs straight up to perpendicular to the ground, lower slowly
4. Plank – Up on your toes and elbows, core tight – 30 seconds
5. Bicycles – Lie on your back, take elbow to opposite knee – 5 each side



Crunches



Russian Twists



Leg Lifts



Plank Variations



Bicycles

### NOTES:

## Stage 6: Total Body

1. Burpees – From a standing position, step back into a push-up, step forward, stand up
2. Star Jumps – Squat down and touch feet, then sweep arms out and clap on top while stepping one foot out (switch feet)
3. Mountain Climbers – In a push-up position, drive one knee to chest and alternate – 5 each leg
4. Plank Jacks – In a plank position (on your elbows), jump legs apart then jump back in together
5. Skaters – Slide to one side swinging opposite leg behind you & touching front foot – 5 each leg



Burpees



Star Jumps



Mountain Climbers



Planks Jacks



Skaters

## NOTES:

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# LOW IMPACT HIGH RESULTS

## WORKOUT

*You Can Do  
At Home*



### LOW IMPACT CIRCUIT

Do each exercise for 1 min with 15 seconds rest in between. Repeat the circuit as many times as you want!

- 1 **PUNCHING**  
Tighten core and punch fists out straight in front of you, keeping arm parallel to the floor
- 2 **KICK THROUGH LUNGES**  
Keeping hips squared over knees, lunge and kick through with back leg to parallel to floor
- 3 **ARMY CRAWL PLANKS**  
Begin plank on hands; slowly progress to right elbow, then left elbow; back up to right hand, then left hand; repeat
- 4 **SQUAT THRUSTER**  
Squat to knees in a 90-degree angle, keeping core tight; bring it up, lifting arms above head (can be done with or without weight)
- 5 **FRONT KICKS**  
Holding core tight and arms in a boxing position, kick each leg up, alternating left and right, until they are parallel to the floor
- 6 **SQUAT CURL  
ALTERNATE KNEE LIFTS**  
Squat to knees in a 90-degree angle, keeping core tight; bring it up, curling biceps and raising knee to 90-degree angle, alternating right and left legs (can be done with or without weight)
- 7 **UPPER CUTS**  
Keeping core tight, bend knees slightly and sweep arms in large circle from same knee to opposite shoulder
- 8 **SIT UP PRESS**  
With knees bent sit up and fully extend arms in front of your body

# 7-MINUTE WORKOUT

**High-intensity interval training (HIIT)** provides the fitness benefits of prolonged endurance training but in less time. Scientists at McMaster University and other institutions showed that even a few minutes of training at an intensity close to your maximum capacity produces molecular changes within muscles comparable hours of running or biking.

**Interval training:** Extremely intense activity with brief periods of recovery. This recovery is provided in part by a 10-second rest in between exercises. The 7-minute workout emphasizes the large muscles in both the upper and lower body.

**Time:** 7-minutes

**Equipment:** Floor, wall, chair, and timer

**What:** Perform each exercise for 30 seconds. Rest for 10 seconds between each.

**\*\*These 7 minutes should be unpleasant! Your intensity should be an 8 out of 10.**

