



WORKOUT AT HOME

Move Better Workout

WORKOUT
@ HOME
WELCOAZ

This week's goal: Do each exercise in sequence in this stretching and mobility workout.
Add a daily 20-30 minute brisk walk and a strength workout on any 2-3 non-consecutive days.

Go to this link to follow along with the workout video: [WELCOAZ Workout at Home](#)

Check off your daily progress below: W = Workout C = Cardio S = Stretch

Monday

W C S

Tuesday

W C S

Wednesday

W C S

Thursday

W C S

Friday

W C S

Saturday

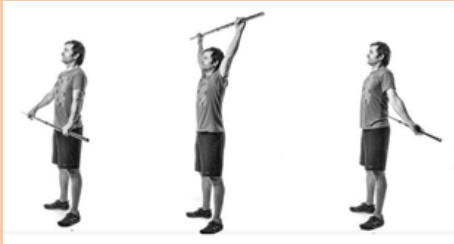
W C S

Sunday

W C S

Warm-Up

Repeat each warm up as indicated.



1. Shoulder Mobility

Hold a dowel in front of you keeping your hand width as wide as needed in order to keep your arms straight. Lift the dowel up and overhead bringing it back as far as possible with arms straight. Return back to the starting position at the front of the body. Repeat 5-10 times. This can also be done without a dowel to improve shoulder mobility while actively stretching the chest and arms.



2. Spinal Mobility

Extend your arms straight in front of you holding one end of the dowel. Hinge at the hip and relax through the spine. Use the upper back muscles to pull the shoulders/upper back into a deeper position toward the floor. Repeat 5-10 times. This can also be done against a wall without a dowel.



3. Hip Mobility

Face forward in a seated position, line your front leg up at a 90-degree angle at the knee. Shoulders should be square with your chin. The back of the leg should be extended to your side with a 90-degree at knee. Place hands on the floor or at center of the chest for support. Hinge at the hip with a straight back and shoulders square to the floor. Slowly switch to the opposite side to repeat. Repeat 5-10 times on each side.

Main Workout

Do each exercise as indicated.



1. IYTWO's

Lie face down on a mat with legs fully extended and toes touching the mat. Engage core muscles to stabilize the spine and retract the shoulders back to begin the exercise. Rotate palms to face inward toward each other, then extend the arms straight to form the letter "I", then "Y", then "T", then "W", and finish the series by circling arms behind you at lower back to form "O". Repeat 5-10 times.



2. Side-Lying Thoracic Windmills

Lie on your side with hip and knee flexed at 90 degrees. You can place your leg on a foam roller, yoga block, etc. for better alignment. Start with arms straight and hands stacked on top of each other pointing toward the flexed hip and knee. In a semi-circle motion, rotate arm over and across the body with the goal of reaching the floor on the opposite side. You will form a "T" on the floor and return to the starting position. Repeat 5-10 times on each side.



3. Spiderman Chair Lunge

Assume the plank position using a chair with hands to the side. Complete alternating forward Spiderman lunges while emphasizing lowering of the hips with a straight back. Repeat 5-10 times, alternating side to side.



4. Spiderman Thoracic Rotations

Add Thoracic Rotations as you lunge forward while performing Spiderman lunges. Your arm will swing open toward the ceiling, opening the chest and rotating through the torso. Repeat 5-10 times on each side. This exercise can also be done on the floor if you have greater mobility in the hips.



5. Half-Kneel Ankle Dorsiflexion

Half kneel and place a dowel in front of the 2nd or 3rd toe. Lean into dorsiflexion, making sure the knee moves to the outside of the dowel which will help maintain a neutral arch in the foot and keep it from internally rotating at the hip. Your heel of the front foot should remain in contact with the floor. Repeat 5 times on each side.



6. Deep Squat with Overhead Shoulder Press

Stand with feet shoulder-width apart (wider if needed) and toes forward (slightly angled out if needed). Place dowel horizontally on top of the head with shoulders and elbows at 90 degrees. Then, raise the dowel overhead with arms fully extended. Squat low with bar overhead, torso straight, and heels on the floor. Repeat 5-10 times.

Cool Down & Rest

Complete each position as indicated.



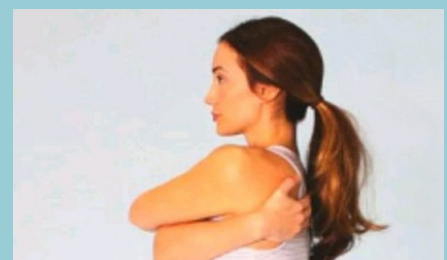
1. Supported Side Bend Lunge

Sit tall on the edge of a chair, then extend one leg behind in a lunge position. Place your hand on your bent knee and reach the opposite hand up toward the ceiling. Inhale to lengthen the spine and exhale as you side bend toward the bent-knee leg. Hold 10-30 seconds. Repeat on the opposite side.



2. Seated Pigeon Twist

Rest one ankle on the opposite thigh and then hold the knee with both hands while drawing the knee in toward you. Inhale to lengthen the spine and exhale as you rotate away from the knee. Hold 10-30 seconds. Repeat on the opposite side.



3. Seated Hugging Stretch

Cross both arms and place both hands behind the shoulders of opposite arms without moving into shoulder elevation. Draw the elbows as close as possible to the center of the body and slightly raise elbows if possible. Hold 10-30 seconds.

As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach. By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.