

# AT HOME FITNESS FUN!

## SUMO SQUAT



1. Start with standing with feet just farther than shoulder width apart.
2. Sit down in the air like sitting in a chair and keep your chest up in front of you.
3. Squat down to 90 degrees while tracking your knees over your feet.
4. Stand up, keep your chest high while squeezing your glutes.

Progression/Scaling up:

To progress up you can add weight or squat below 90 degrees.

Reps: 10-12 x Sets: 3

## GLUTE BRIDGE



1. Lie down on back with your heels/feet on ground and close to your butt.
2. Raise your hips up and hold for 2-5 seconds.
3. Then slowly lower your hips but do NOT let them touch the ground.

Progression/Scaling up:

Add weights on top of your waist. Hold for longer times up.

Reps: 12-15 x Sets: 3

## PLANK



1. Lie down on your stomach, with hands under shoulders. Tucking toes under you, about hip distance apart.
2. Pressing your hands down, lift your body up, keeping your back straight and eyes looking at ground just in front of hands.
3. Tighten stomach muscles, and make sure your elbows, shoulders, and wrists are lined up.
4. Hold for set time maintaining proper form.

Progression/Scaling up:

Elbow plank, do it for longer.

Time Range: 15 sec x To: 2 min

## LUNGES



1. From a standing position, bring one leg behind you, stepping back like on railroad tracks while the other leg stays still.
2. Keep your chest up and lower the back knee towards the floor.
3. Return back leg back to standing front position.

Progression/Scaling up:

Holding weights

Reps: 10-12 Each Side x Sets: 3

## REVERSE FLIES



1. Grab a weight for each hand with your elbows slightly bent. Do not use heavy weights.
2. Bend your knees a little and hinge forward at the hips. Make sure your back and neck are in alignment. Eyes look just in front of feet.
3. Lift the weights up and to the side. Do not go above your shoulders. Pause for 1-2 seconds.
4. Slowly lower back the weights down.

Progression/Scaling up:

Add a little more weight

To Regress:

Do the motion without weight.

Reps: 10-12 x Sets: 3

## RUSSIAN TWIST



1. Sit on the ground with your knees bent about 90 degrees.
2. Lean back (you can lean back farther to make it harder).
3. Rotate upper body to the right, back to middle. Head and neck rotate with hands.
4. Then rotate to the left and back to center.

Progression/Scaling up:

Lift your feet up about 2-3 inches.

Reps: 15-20 Each Side x Sets: 3