

# **Exercise Workouts To Do At Home**

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**Text (preferred) or call: (404)803-8238**

- Be sure when doing these exercises, you are taking your time and drinking lots of water!
- Stretch after each exercise.
- Make sure you are being supervised when doing these exercises.
- If you have any questions or forget how to do an exercise please feel free text or email us and we will get right back with you.
- Rest days are very important as well, so space out all exercise days and replace them with just doing stretches and drinking lots of water.

## **Abs: (once a week)**

- Hollow hold- 30 seconds
- Hollow hold w/ twist (Russian twist) - 30 touches each side
- Leg throws- 30
- Sit ups- 30 (twice a week)
- Bicycles in hollow hold (hands beside hips)- 30 seconds

## **Legs: (once a week)**

- Frog jumps- 20
- Calf raises- 30
- Squats (feet hip width apart)- 30

- Soldier jumps- 20 each leg

### Arms: **(once a week)**

- Pushups- 20
- Handstand hold (against wall)- 30 seconds
- Plank hold (pushup position on elbows) - 30 seconds to a minute
- Shoulder taps in pushup position- 30

### Stretches: **(EVERYDAY)**

- Right leg split- one minute (3 times daily)
- Left leg split- one minute (3 times daily)
- Middle split on elbows- one minute (3 times daily)
- When you have your splits all the way down- start over splits (putting foot on top of mat, stacked books, couch, etc.)

### Back Stretches: **(twice a week)**

- Face away from wall in stand and walk hands down the wall to a bridge and all the way back up to stand
- Bridge rocks
- Lay on belly w/arms by ears – have someone grab wrist and pull arms upwards – hold for 30 seconds
- Lay on back, bring one leg over body (same for other leg) (can also do while laying on stomach)