

ACTIVE AT HOME

30 Minute Upper Body Blast #1

Equipment: dumbbells/soup cans or other household item

Warm Up: 3-5 Minutes

Move around your house; go up and down stairs, run around your kitchen!

3 Rounds

lateral raise

upright row

tricep extension

45 sec plank, 30 sec side plank (each)

3 Rounds

2-arm row

tricep kickback

arnold Press

45 sec plank, 30 sec side plank

3 Rounds

high rows

back flyes

bicep curl

45 sec plank, 30 sec side plank

3 Rounds

boat pose hammer curl

Chest Fly

Pullover

Cool Down: 30 Sec per side

Calf stretch:

Heel to floor, toe up on wall, lean into wall

Quad stretch:

Cradle foot in same side hand, press hips forward, hold wall for balance if needed.

Hamstring Stretch:

Forward fold, keep slight knee bend

Arm Stretch:

Bring one arm across chest, press into extended forearm with opposite hand

Shoulder/Chest stretch:

Clasp hands behind back or reach behind back and press down/away from body

Child's Pose:

Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms

Breathe:

Deep inhales & deep exhales, GREAT WORKOUT!

