

The ABC's to Success

- **Alternate exercises:** Keep things interesting by doing different combinations of exercises for different muscle groups
- **Baby steps:** Start slow and as exercises get easier, gradually ramp up intensity/number of sets/weight.
- **Cardio:** Mix in days of walking, swimming, sports, etc. to improve heart health.
- **Diet:** Exercise is only half the equation! Focus on including in your diet a balanced portion of proteins, fruits, and veggies.
- **Expect Ups and Downs:** Practice makes perfect with every workout. Work within your limits and allow yourself days off. Listen to your body!
- **Ask a Friend:** Exercising with a friend helps with accountability and makes the overall experience more enjoyable!



Promoting a Healthy and Active Lifestyle with Home Exercises



The University of Vermont

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You don't need a gym!

Whether you prefer the convenience of staying home, saving money/time, or you just aren't a gym person, at-home workouts can provide a great way of maintaining or promoting a healthy active lifestyles. And you don't necessarily need weights! In fact, bodyweight exercises are designed to involve multiple muscle groups, while effectively raising your heart rate and helping to burn calories.

Included in this brochure are just a few examples of home exercises, with descriptions, that anyone can start with at anytime, anywhere. And the best part is that your home workouts can be easily modified to meet each person's specific needs and with a little creativity, the potential variations to these exercises are limitless!

To start, try creating a workout circuit by choosing one exercise from each muscle group, and complete 10 sets each exercise for 3-4 rounds at least 3x/week. Feel free to go up or down on intensity based on your comfortability level!

Warmup

Before any workout, it is important to begin with a warmup to reduce risk of injury. Start with a simple 5 minute walk/jog in place, and 5 minutes of stretching.

Beginner Exercises

Chest: Pushups are great upper body exercises to target the chest, shoulders, and triceps.

- **Knee pushups:** Only knees on ground
- **Wall pushups:** Face wall with palms at shoulder height and shoulder width apart

Back:

- **Bridge:** lie on back with arms at side, knees bent, and feet flat on the floor. Push through heels and raise your bottom off the floor until hips are fully flexed.

Arms:

- **Bicep curls**
- **Triceps extension:** sitting or standing

TIP: If you don't have free weights/resistance bands, use any weighted object you have at home!

Core:

- **Forearm plank:** Only forearms should be touching the floor, with elbows directly under shoulders. Keep lower back straight and core tight.
- **Sit Ups**

Legs:

- **Chair squat:** Bend at your knees until bottom touches chair, with back straight. If comfortable, try without the chair.
- **Stationary Lunge**

Intermediate Exercises

Chest:

- **Incline Pushups:** Using a raised surface (chair, stairs, etc.)

Back:

- **Superman:** Lie on stomach with arms and legs extended. Raise both arms and legs up simultaneously as high as possible. Hold for 1 sec and squeeze shoulder blades. Return to starting position.

Arms:

- **Triceps Dip:** Start with Bent-Knee dips from the floor. As you get comfortable, progress to straight-leg dips using a raised surface (chair, bench, etc.)

Core:

- **Standard Planks:** Only palms and toes touching floor
- **Russian twist:** Balancing only on tailbone, lift your feet off the floor with knees bent. Using abdominals, twist your core to the right and left, while keeping legs as still as possible.

Legs:

- **Walking lunge:** Adding movement to lunges will help improve stability and balance
- **Wall sits**

Advanced Exercises

Chest: Advanced variations of pushups

- **Diamond Pushups:** Larger emphasis on triceps
- **Archer Pushups:** Place arms wider than shoulder width and bend towards one side with opposite arm straight.
- **Clap Pushups**

Back:

- **Bird Dog pose:** Get on all fours with palms and knees touching the ground. Extend your arm forward and opposite leg backward while keeping your body as parallel to floor as possible. Repeat on other side.

TIP: To increase difficulty, start in plank form with only palms and toes touching the ground

Arms

- **Advanced Dips:** Balance between two chairs, with feet on one and hands on the other. Lower yourself until elbows at 90 degrees.

Core

- **V-ups:** Lie on back, and while keeping arms/legs extended, bring them together to the middle of your body, and then let your torso fall back down.
- Increase difficulty by holding weighted object.

Legs

- **Jumping Lunges:** Using same lunge technique, jump in air and alternate forward foot before landing.
- **Single leg deadlift:** Standing hip width apart, bend forward at hip, shifting all your weight onto one leg, while extending the opposite leg backwards.

