



At Home Workout Ideas

Physical Activity is a key component to successful long-term weight management. It is important to do a combination of cardiovascular and strength training activities. Cardiovascular activities should be something that you enjoy: walking, jogging, cycling, dancing, jumping rope, using cardiovascular equipment at the gym, etc. Strength training exercises, obviously, can be performed in a gym setting, although that is not a necessity. Below, we have listed some balance and strength exercises that can be done at home with just a few pieces of inexpensive home equipment. Remember that maintaining proper form when performing these exercises is extremely important and will help to prevent injury.

Consult your physician before beginning any exercise program.

Areas to strength train: Chest, Back, Biceps, Triceps, Legs, Core

Goal: 2 or more days of strength training per week – perform 2 – 3 sets of 8 – 10 repetitions of each strength training exercise. Rest for 30 seconds – 1 minute in between sets.

Warm Up:

5 – 10 min. of light cardio

- *Elliptical
- *March in place/pumping arms
- *Walk
- *Stationary bicycle
- *Jump rope

Balance Exercises on the Ball:

Ball Circles

- ❖ Sit on the ball and place hands on the ball for balance or place them behind your head (more difficult). Slowly begin to roll the hips in a circle towards the right, making small circle and then, as you get comfortable, larger circles. Do 10 -20 circles and then repeat on other side.

Seated March

- ❖ Sit on the ball with spine straight and abs in (pull your navel towards your spine). Begin a slow march, alternating lifting the right foot and then the left. As you get comfortable with the movement, lift knees higher and march faster. Repeat for 1 – 2 minutes.

Seated Balance

- ❖ Sit on the ball with spine straight and abs in. Place hands on the ball or behind your head and lift right foot off the floor, holding it up for 5 or more seconds. Lower and repeat on the other side. Repeat for 5 – 10 reps. Keeps the abs pulled in to maintain your balance.

Ball Walks

- ❖ Sit on the ball and place hands on either side for balance. Contract abs and slowly walk your feet forward as you slide back on the ball. Continue walking the feet forward until you're in a bridge position with the head and shoulders supported by the ball, hips lifted. Walk all the way back until you're seated again and repeat for 3-5 reps. If this feels difficult, hold onto a wall for balance and only walk forward a bit at a time until you feel more comfortable.

Spinal Balance (on or off ball)

- ❖ If using the ball, lay on top of the ball, hands outstretched in front & feet in back, touching the floor. Alternate lifting one hand and one foot (opposite) and balance. Right hand lifts with left leg; left hand lifts with right foot. Hold for 5 – 10 seconds and repeat on other side. Repeat for 10 – 20 reps. If on floor, get on all fours, spine in neutral position (back not hunched or curved downward). Keep neck straight, facing downward, lift right arm and left foot and hold for 5 - 10 seconds. Switch sides. Repeat for 10 – 20 reps.

Chest Exercises:

Chest Press on the Ball

- ❖ Lie on the ball; head and shoulders supported on the ball; hips in bridge position (lifted with knees bent at 90 degree angle). Holding dumbbells with palms facing out at chest level and elbows at 90 degree angle to start. Press dumbbells up, squeezing chest as you lift. Lower down to starting position. Repeat.

Chest Flyes on the Ball

- ❖ Use same position as in previous exercise. Hold dumbbells in hand, arms open on either side; elbows slightly bent. Imagine hugging a beach ball as you bring arms together overhead, squeezing chest as you bring arms together. Open back to starting position; do not let arms fall below shoulder level to sides. Repeat.

Wall Pushups

- ❖ Stand facing the wall and lean against wall so your body is at 45 degree angle. Hold abs in tight, pulling navel to spine. Lower body to wall, keeping abs and glutes tight and push up. Repeat.

Modified Pushups on floor

- ❖ Get in plank position on floor; arms directly under shoulders; abs pulled in. Lower knees to floor at 45 degree angle. Lower down to floor and push up to starting position. Be sure to keep abs contracted to protect lower back. Repeat. Once you get comfortable with this, you can try a full pushup; legs extended in back; abs pulled in; head straight.

Chest Press using Band

- ❖ Wrap band around a sturdy object such as a post or pillar. Grab handles and face away from object. Walk forward so that there is tension in the band. Holding handles in each hand, lift arms to chest level; elbows bent at 90 degree angle. Press arms forward, squeezing chest muscles; abs pulled in. You should lean slightly forward when performing this exercise & stagger feet to help with balance. Return to starting position; do not let elbows go too far back; keep at 90 degree angle with shoulders.

Back:

Standing Row

- ❖ Standing with slight bend in knees; leaning forward at about 45 degree angle. Hold dumbbells in either hand; palms facing in. Pull abs in and hold tight throughout exercise; do not let shoulders round forward – keep them pulled back throughout exercise. Squeezing shoulder blades together, pull weights up alongside body toward rib cage. Imagine squeezing a pencil between your shoulder blades. Repeat.

Seated Row

- ❖ Sitting on balance ball with band around sturdy object. Sit up straight, abs pulled in, shoulders pulled down and back. Make sure there is enough tension in the band. With palms facing in, pull arms back toward rib cage (same movement as above). Avoid using momentum to perform movements. Repeat.

Back Extension on Ball

- ❖ Lie facedown with ball under hips and lower torso, either resting on knees or with legs outstretched (more difficult). Place your hands behind your head, elbows out. Roll down over the ball and then contract lower back to lift your chest off the ball, bringing your shoulders up until your body is in a straight line. Pull abs in during entire movement. Do not hyperextend. Repeat.

Swimmers

- ❖ Lie face down on floor, stretch arms and legs out straight. Keeping head neutral & facing down; alternately lift one arm and opposite leg, hold for 5 seconds & switch. Make sure you are lifting right arm with left leg and left leg with right arm. As you get stronger, you can speed up the movement and eliminate the hold in between each side.

Shoulders:

Side Lateral Raise

- ❖ Stand (or sit on the ball); feet facing front – make sure they are not turned out or in; abs pulled in. Hold dumbbells in hands by your side. Slowly lift both arms out to the side, with a slight bend in the elbow, to shoulder level and lower. Do not let momentum pull the weight down; be sure to control the movement up and down. Repeat.

Overhead Press

- ❖ Stand (or sit on the ball); feet facing front; abs pulled in. Hold dumbbells in hands. Bend arms at a 90 degree angle and lift to shoulder level. Slowly press dumbbells overhead and lower to starting position. Again, do not let momentum take over; control the movement up and down. Repeat.

Upright Row with Band

- ❖ Hold handles of band in hands (one handle in each hand). Step onto the band with one or both feet. Make sure your feet are facing front; abs pulled in. Keep shoulders down and back; palms are facing back as you hold the bands. Slowly lift hands to chest level, bending elbows. Feel the squeeze in your shoulders and upper back. Lower and repeat.

Biceps

Bicep Curls

- ❖ This exercise can be done standing, seated on a bench or chair, or seated on the ball. You can also do bicep curls standing on the ball as above in the upright row. Keeping elbows close to your side, palms facing in, curl biceps to the side and hold briefly before lowering. Repeat. If it is too hard to do both arms together, you can alternate. Make sure to get a full range of motion and do not use momentum.

Hammer Curls

- ❖ You can use the same positions as you did for bicep curls. This time hold weights with palms facing in. As you lift the weights, you will be curling your arms in front instead of out to side so that the weights come up to the front of your shoulder. Again, these can be done alternating arms.

You can make these exercises more challenging by standing and balancing on one foot.

If you want to incorporate additional movements, you can do a forward lunge with bicep curl. Perform a bicep curl as you lunge forward with your right foot. Alternate legs. You can also alternate arms if you want.

Triceps

Tricep Kickbacks

- ❖ This exercise can be done standing or seated on the ball. Lean forward at a 45 degree angle; head in neutral position (not held up too high or dropping too low) holding abs in. Holding dumbbells in hands with elbows right at your side; palms facing in. Starting with arms at a 90 degree angle, slowly extend arm behind you, squeezing triceps. Make sure your elbows do not move. You can do both arms at once or alternate.

Tricep Dips

- ❖ This exercise can be done on a chair, bench, or even a stair. With your back to the chair (etc), place hands on the edge of chair, legs bent at 90 degrees or straight out in front of you (more difficult). Keep shoulders down and back and slowly lower down, bending your arms behind you. Once you reach a 90 degree angle, use your triceps to push yourself back to starting position. Be sure to keep your head in neutral position during this exercise.

Overhead Tricep Press

- ❖ Holding one dumbbell in both hands; lift dumbbell overhead. You can be standing (on one or both feet) or on the ball. Keep elbows close to your head and slowly lower the weight behind your head. Lower as far as you can and then, using triceps, push the weight back to starting position. Make sure head is in neutral position. Repeat.

Legs

Wall Squats

- ❖ This exercise uses the ball. Bring ball to a clear wall and place it behind the middle of your back so that your back is against the ball. Place feet facing forward, hip distance apart. Slowly squat down (ball will move up as you lower

down). Be sure that your knees do not extend beyond your toes. If they do, adjust your feet. You do not want your knees to go beyond a 90 degree angle. Once you've gotten as low as you can comfortably go, squeeze your legs & glutes and push yourself back to starting position.

Hamstring Curls on the Ball

- ❖ Lie on the floor with your ankles on the ball. Lift yourself up to bridge position; abs pulled in, glutes squeezed tight. Shoulders should be relaxed; your weight is on your shoulders. Holding this position, use your hamstrings to pull the ball in and then slowly push back out. Repeat.

Side Leg Lift

- ❖ This exercise can be done laying on one side on the floor or leaning on the ball on your side. If leaning on the ball, be sure to balance yourself with your hand (if on your left side, you will balance yourself with your left hand) and your knee. Slowly lift and lower the leg on top. Repeat and switch sides.

You can make any of these exercises more difficult by introducing balance (standing on one leg, performing the exercise on the ball, etc.). As you get stronger, you will be able to add in more challenges.

After you finish, you should cool down and perform stretches. Be sure when you stretch that you do not force yourself into any position. Stretches should be gentle.