

# Bowdoin Home Workout

Please consult your physician before starting an exercise program. This program may not be appropriate for everyone. Please make sure you're working at an intensity that works with your fitness level. Be creative and make adjustments, if it's too hard only do one or two sets, if it's too easy add some sets and repetitions.

Day 1	Workout 01:		Workout 02:		Day 3	Workout 01:		Workout 02:	
	WT	REPS	WT	REPS		WT	REPS	WT	REPS
Jog or walk for 10 minutes <a href="#">Alternating toe bridge</a> <i>Toes on chair/bench</i> <a href="#">Alternating Heel bridge</a> <i>Heels on a chair/bench</i>		x10 each		x10 each	Jog 5 mins & Stretch <a href="#">Quadruped (Hydrants)</a> <a href="#">Forearm Bridges (Front, Sides)</a> <a href="#">1) Alternating Supermans</a>		x8 each leg		x10 each leg
<a href="#">Body Weight Squat</a> <i>Tempo- 5500</i> Pair/w	Bodyweight	x10*	Bwt*	x15*			2x16		2x20
	Bodyweight	x10*	Bwt	x12*	<a href="#">2) 1/4 Squat Jumps</a> If you can't jump do body weight squats		x10		x10
	Bodyweight	x10*	Bwt	x10*			x8		x8
<a href="#">1) Stretch Hip Flexor Stretch in Lunge position</a>							x8		x6
<a href="#">2) Book Bag RDL</a>	Book bag	x6	Book bag	x8	<a href="#">3) Chair Single Leg Squat</a>	Bwt	x6*	Bwt	x6*
	?	x6	?	x8	Pair/W		x5*		x6*
	?	x6	?	x6			x5*		x5*
	?	x5	?	x6	3) Stretch hip flexor*		x5		x5
<a href="#">3) Cross Over Step down</a> <i>box or chair</i> Pair/w	Bodyweight	3x8	Bwt	3x10	<a href="#">4) 1 Arm Elevated Push up*</a> <i>1 hand on a ball or box or curb</i> Pair/W		x8 each		x8 each
<a href="#">3) Double leg Curl with Towel</a> <i>Towel Slide</i>	Bodyweight	3x8	Bwt	3x10	<a href="#">4) 1 Arm Book Bag Row</a> <i>hand on chair</i> Pair/W		x8		x8
<a href="#">4) *Pull up or chin up</a> <i>If you can't do pull ups lower yourself on an 8 count</i> Pair/w	Bodyweight	3x8	Bwt	3x8	<a href="#">5) 3-Way Ham</a> Pair/W	Milk jog	3x9	Milk jog	3x9
<a href="#">4) Overhead press</a> <i>(Back Pack)</i>		3x8		3x10	<a href="#">5) Book Bag Curl</a>		? 3x8		? 3x10
<a href="#">5) External Rotation</a> <i>(Elbow on Knee)</i>	Partner/Soup can	3x10	Partner/Soup can	3x12	<a href="#">6) 1 Leg Standing Toe Press</a> <i>Pause: top, middle &amp; bottom</i> Pair/W	Bwt	3x20	Bwt	3x20
5) Crunches		200		250	<a href="#">6) 3-Way Shoulder-Front/Side</a>	Soup cans or partner	3x10	Soup cans or partner	3x12
Go for a run or walk when you are done - Increase your pace for 50 yards each time you pass a stop sign*									
Day 2	Workout 01:		Workout 02:		Five minute jog and then do sprints: 3x10 yards, 3x20 yards, 3x 30 yards - walk back on each sprint, take a 1 min rest between each set If sprinting isn't for you go for a jog or walk for 20 minutes				
	WT	REPS	WT	REPS	<b>Notes:</b> Adding Resistance-*Book bag- Be creative, load up your book bag (back pack) and use it for weight, you could also use milk jugs or detergent bottles  Tempo 4100 = 4 down phase, 1 bottom, 0 up phase, 0 Top - make the movement more difficult  BWT = body weight  Push up* if the variation is too difficult, elevate the surface your hands are on. Stairs work well for this.  *Pull up, chin up or inverted row - be creative we all have something we can do these on. Edge of a balcony or counter top, a tree branch.  Partner resistance will work well w/ many of these exercises get your family members involved. Movement will help everyone who is able.  *Stop sign- you may need to change you object you sprint at depending on where you live				
Jump rope x 200 or jog for 5 minutes <a href="#">External Rotation Standing</a>	Partner	2x12	Partner	2x12					
<a href="#">1) Towel Slides to the Back</a> 1) Towel Slides to the Side		2x8		2x10					
		2x8		2x10					
2) Mid Stance Push Up <b>Tempo= 5 1 0 0</b> Pair/W	Bwt*	x8*	0	x8*					
		x8*	0	x8*					
		x6*	0	x8*					
		x6*	0	x6					
<a href="#">2) Inverted Row*</a>	Bwt	4x8	Bwt	4x8					
3) Balance on one leg	Bwt	3x30 sec each	Bwt	3x30 sec each					
Pair/W									
3) Plank (elbows & Toes)	Bwt	2x30 seconds	Bwt	3x30 seconds					
<a href="#">4) Chair Dips</a>		3x8		3x8					
Pair/W									
<a href="#">4) Reverse Lunge (Back Pack*)</a>	?	x10 each	?	x10 each					
		x10		x10					
		x10		x10					
<a href="#">5) Wall Shoulders (Snow &amp; W)</a>	Snow,W	3x10	Snow,W	3x10					
Abs x 3	1st & 3rd		2nd						
	1)Oblique	2x15	1)Oblique	1x15					
	2)Leg lift	2x15	2)scissor	1x50					
	3)crunch	2x15	3)crunch	1x15					

**Cardio Circuit: (Burpee x 10, prisoner squat x15, hops (jump rope) x 40, V-sits x 20) x 3**