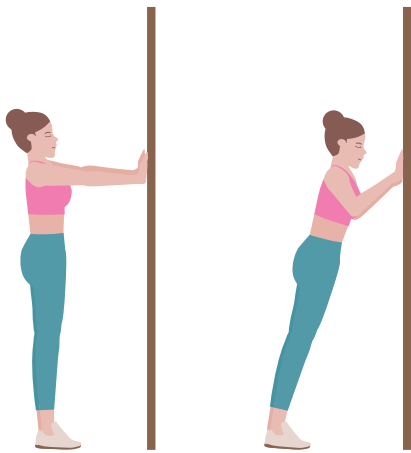


# At-home Full-body Workout

Properly breathing will make it easier to perform exercises. Exhale while you're doing the hardest work and inhale when you're coming back to starting position.

Increase your weight and or repetitions (20 max) to your ability. Weight should be challenging, but not to the point where you're unable to perform 12 or more repetitions in proper form. Aim for less than 30 seconds of rest between sets.

Always consult your physician before beginning any exercise program. Exercise could have slight discomfort, but it should not be painful. If the exercise is painful, stop immediately.



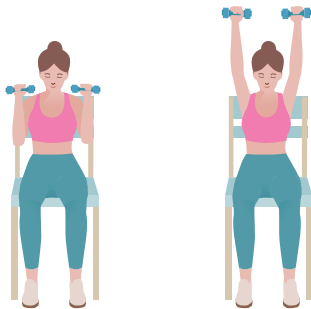
## Wall pushups

1. Face a wall standing a little farther than arm's length away, shoulder-width apart.
2. Lean body forward and put palms flat against the wall at shoulder height and shoulder-width apart.
3. Bend your elbows and lower body toward the wall in a slow, controlled motion.
4. Hold position for one second.
5. Slowly push yourself back until arms are straight.



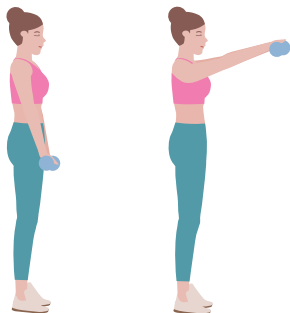
## Seated row

1. Sit in a sturdy, armless chair with feet flat on the floor.
2. Hold weights with palms facing inward and elbows close to the body.
3. Relax shoulders and extend your arms besides your legs.
4. Pull both elbows back until your hands are at your hips.
5. Squeeze shoulder blades together (as if holding a ball between them) and hold position for one second.
6. Slowly return hands to starting position.



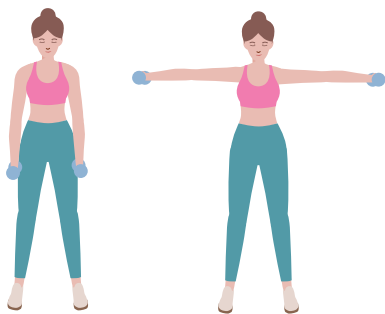
### **Overhead arm raise\***

1. Keep feet flat on the ground.
2. Hold weights at your sides at shoulder height with palms facing forward.
3. Raise both arms up over your head keeping elbows slightly bent.
4. Hold position for one second.
5. Slowly return hands to starting position.



### **Front arm raise\***

1. Hold weights down at your sides with palms facing backward.
2. Keep arms straight as you raise both arms in front of you to shoulder height.
3. Hold position for one second.
4. Slowly lower to starting position.



### **Side arm raise\***

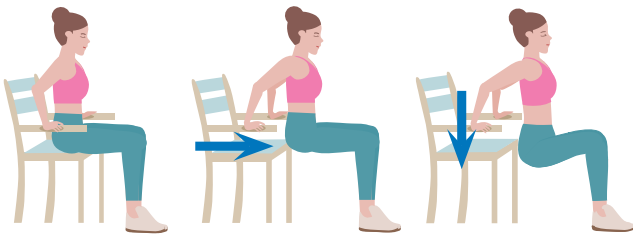
1. Keep feet flat on the ground.
2. Hold weights down at your sides with palms facing inward.
3. Raise both arms to the side to shoulder height.
4. Hold position for one second.
5. Slowly lower to starting position.



### **Arm curl\***

1. Hold weights down at your sides, palms facing forward.
2. Slowly bend your elbows and lift the weights toward your chest. Keep elbows at your side.
3. Hold position for one second.
4. Slowly lower arms to starting position.

\*These exercises may be done while standing or while sitting in a sturdy, armless chair.



### Chair dip

1. Sit in a sturdy chair with armrests with your feet flat on the floor.
2. Lean slightly forward; keep back and shoulders straight.
3. Grasp arms of chair with hands next to you.
4. Use your arms to push your body slowly off the chair.
5. Hold position for one second.
6. Slowly return your body to the chair.



### Chair squat

1. Sit toward the front of a sturdy chair with knees bent and feet flat on the floor, shoulder-width apart.
2. Keep back and shoulders straight throughout the exercise.
3. Extend your arms so they're parallel to the floor and slowly stand up.
4. Slowly sit back down.



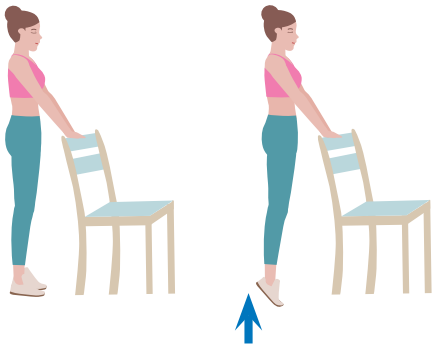
### Leg extensions

1. Sit in a sturdy chair with your back supported by the chair.
2. Slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Point toes toward the ceiling. Hold for one second.
4. Slowly lower leg back down.
5. Complete reps on one leg and then repeat on the other leg.



### Standing leg

1. Stand behind a sturdy chair and hold it for balance.
2. Slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee and keep your hips still. The leg you're standing on should be slightly bent.
3. Hold position for one second.
4. Lower your foot back to the floor.
5. Complete reps on one leg and then repeat on the other leg.



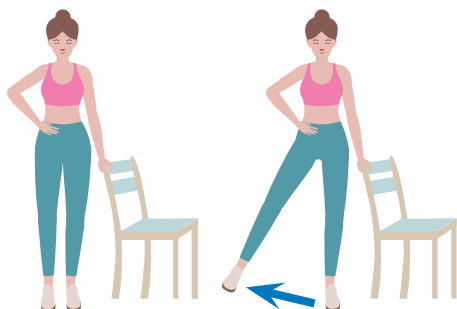
### Standing calf raise

1. Stand behind a sturdy chair and hold it for balance.
2. Slowly stand on your tiptoes as high as possible.
3. Hold position for one second.
4. Slowly lower your heels to the floor.



### Back leg raise

1. Stand behind a sturdy chair and hold it for balance.
2. Slowly lift one leg straight back without bending your knee or pointing your toes. The leg you're standing on should be slightly bent.
3. Hold position for one second.
4. Slowly lower your leg to the starting position.
5. Complete reps on one leg and then repeat on the other leg.



### Side leg raise

1. Stand behind a sturdy chair and hold it for balance.
2. Slightly lift one leg out to the side. Keep your back straight and toes facing forward. The leg you're standing on should be slightly bent.
3. Hold position for one second.
4. Slowly lower your leg to the starting position.
5. Complete reps on one leg and then repeat on the other leg.

# No weights or workout bands?

## Five alternative household items.



### 1. Bags of fruit or vegetables

Seal the bag with tape or ties to prevent any vegetables or fruit from escaping.



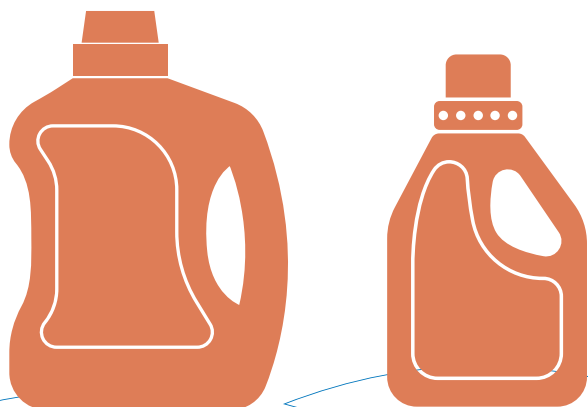
### 2. Books

Books are a good substitute. Find books similar in weight. If you're unable to find two similar books, exercise one arm at a time.



### 4. Canned goods

Make sure they're the same size and weight for equal training on each side.



### 5. Milk jug or laundry detergent container

Fill container with liquid or sand to the desired weight.