

# At Home Comfort

This program was designed for individuals of all fitness levels who have limited time to exercise. The exercises provide a balanced workout for all major muscle groups and should be executed slowly and with good form. Quality always prevails over quantity. Please see a fitness specialist for specific guidance prior to starting these exercises.



684-3136, option 1

**Warm-up: 5-10 minutes**

\*March in place

\*Jumping jacks

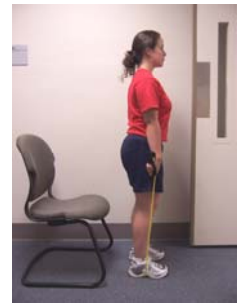
\* Walk/Jog

\* Jump rope

## Squats (legs)

**10-15 repetitions**

- Sit on edge of a sturdy chair, placing exercise band underneath the soles of both feet. Pull band taut.
- Align knees above ankles and knees hip width apart.
- Keep arms at side with band in line with knee and ankle joints
- Lean upper body forward until body weight is evenly distributed in heels.
- Push through heels to standing position
- Sit down using the chair as the target end position.
- Maintain a natural arch in the lower back.



## Lunges (legs)

**10-15 repetitions**

- Stand with left foot forward and right foot back, toes pointed in the direction you are facing
- Place hands on hips, keep back straight and abs tight
- Lower body, keeping the lead knee over the back 2/3 of the foot, until the trail leg is parallel to the floor.
- Using front leg push through heel back to starting position (with control)
- Repeat on other side



## Seated Row (back)

**10-15 repetitions**

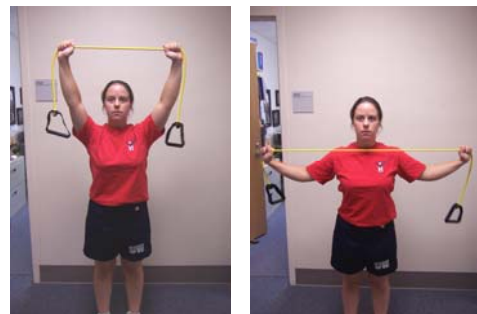
- Sit on edge of chair with legs together and extended so that the back of heels are on the ground (slight bend in knees)
- Hold one end of exercise band in each hand and place band under soles of both feet
- Pull arms back with palms facing the body until fingers contact the lower rib cage.
- Squeeze the shoulder blades together and keep the chest lifted.



## Lat Pull Down (back)

10-15 repetitions

- Grip band with hands shoulder width apart and raise arms straight over head
- Pull exercise band out to the side on downward phase, ending at chest level
- Elbows should lead toward sides of body, squeezing shoulder blades
- Return to the starting position by raising arms over head again, allowing hands to return to shoulder width apart



## Modified Push Ups (chest)

10-15 repetitions

- Extend arms beneath shoulders, palms flat, fingers forward and hands slightly wider than shoulder width
- Keep legs and feet together, knees on the floor and feet up
- Back should be straight and abs tight throughout exercise
- Bend arms at elbow joint, lowering upper body until nose is 1" from floor
- Use arms to push up to starting position



## Chest Press (chest)

10-15 repetitions

- Place exercise band around back and under armpit at shoulder blade level
- Start with elbows bent, arms slightly below shoulder level and wrists firm.
- Press forward extending arms straight keeping a slight bend in the elbow
- Choke up on exercise band to add more resistance if needed



## Chair Dips (triceps)

10-15 repetitions

- Start by sitting on the edge of a sturdy chair or step with legs bent at 90 degrees
- Place palms facing forward on edge of chair next to hips
- Slowly walk legs out in front pulling body off of chair so that arms are supporting body weight
- Keeping body close to chair throughout movement, slowly bend at elbows lowering body until elbows reach 10-90 degrees of bend
- Push through arms to return to start position



## Triceps Extension (triceps)

10-15 repetitions

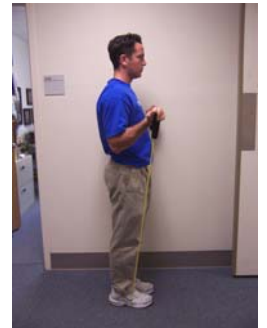
- With feet shoulder wide apart, place one end of band under sole of foot.
- Grab band and raise elbow directly over shoulder with palm facing head and thumb pointing down.
- Moving only from the elbow joint, extend arm up until elbow is directly over shoulder and palm faces forward.
- Repeat with other arm



## Arm Curl (biceps)

10-15 repetitions

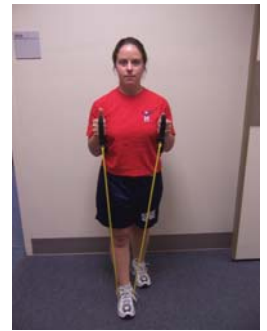
- With feet shoulder width apart, secure band under soles of both feet
- Use a staggered stance as shown in next exercise with one foot in the middle of band if too much resistance.
- Hold band in each hand with arms at side, palms facing forward.
- Keeping elbows at side, curl band straight up until palms of hands face front of shoulder.
- Return to starting position with control



## Hammer Curl (biceps)

10-15 repetitions

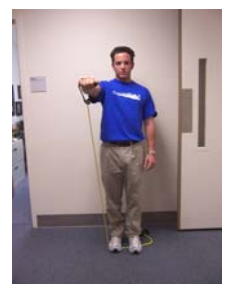
- Stand with one foot forward (right or left) and one foot back
- Secure band under sole of front foot and hold ends with palms facing inward
- Keeping elbows at side, curl band straight up until thumbs are in front of shoulder.
- Return to start position with control.



## Side/Front Raises (shoulders)

10-15 repetitions

- Stand on one end of band with feet shoulder width apart
- Pull band taut to side, palm facing body
- Keeping a slight bend in elbow, lift arm straight out to the side or to the front until parallel to the floor
- Return slowly to starting position by lowering arm back down to side
- Repeat with other arm



## Shoulder Press (shoulders)

10-15 repetitions

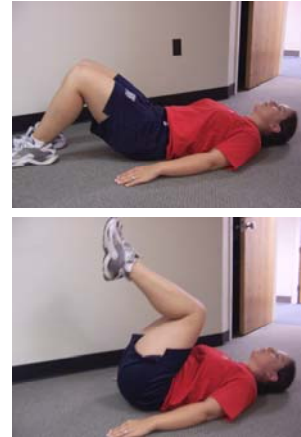
- Sit in chair with middle of band underneath hamstrings
- Grasp each side of band in each hand with knuckles toward the ceiling
- Pulling band taut, bring hands to shoulder level, elbows bent
- Press arms straight up above head keeping hands shoulder width apart and a slight bend in elbow
- Slowly return to starting position by lowering arms back down so that elbows are at a full bend



## Reverse Curls (abs)

10-15 repetitions

- Lying with back on the floor and arms at side, bend legs so feet are flat on floor
- Keep knees together and press lower back into floor for a neutral spine position
- Using abdominal muscles, curl knees into chest while maintaining your neutral spine position
- Lower legs back to starting position slowly while keeping lower back pressed against floor



## Abdominal Crunch (abs)

10-15 repetitions

- Lying with back on floor, bend legs so feet are flat on floor
- Place finger tips of each hand behind ears
- Keep knees together and press lower back into floor for a neutral spine position
- Keeping neck straight and elbows out, use abdominals to lift shoulder blades off floor and chest towards ceiling
- Keep low back in neutral spine position
- Return to starting position by lowering shoulder blades back onto floor



## Alternate Arm/Leg (low back)

10-15 repetitions

- Place knees and hand on floor, with knees under hips and hands under shoulders
- Keep back in a neutral position throughout exercise
- Lift opposite leg and arm straight out keeping both parallel to the floor (to prevent overextending)
- Keep hips facing the floor to prevent rotation and back flat
- While maintaining balance, slowly return opposite arm and leg to the starting position
- Repeat with other arm and leg



*Repeat one exercise per major muscle group 3 times for greatest benefit*

**Cool down: 3 minutes**

\*Stretch large muscle groups