

Body Weight Programs

- Designed so that you do not need equipment
- Concentrate on good form
- Do it like a circuit so you get your heart rate up a little bit; but take rests as you need them in order to keep proper form
- WARM-UP before you start and cool down afterward. If you are at home- walk up/down stairs a couple times, walk outside for a few minutes...go through the dynamic warm-up routine
- You can make some of the exercises harder by holding weights
- Start with less reps if necessary!!!!

Workout One

1. Sumo Squats 10 times
 2. Walking Lunges 12 steps
 3. Calf Raise Series 20 Right foot/20 Left foot/ 20 Both feet
 4. Lateral Squats 6 to each side
 5. Knee Push-ups 10-15
 6. Chair Dips 10-15
 7. Plank on Elbows Hold 30-60 seconds
 8. Supine Bridge Lift and hold 5-10 seconds 10 times
 9. Locust Hold 3-5 breaths
- ❖ Rest a few minutes....Repeat Exercise list 1-2 more times....

Workout Two

1. Wall sits Hold for 20-30 seconds 8 times
 2. Split Squats 8 squats each side
 3. Calf Raise Series 20 Right foot/20 Left foot/ 20 Both feet
 4. Lateral Lunge 6 to each side
 5. Jump ad stick 6 jumps forward/3 to each side laterally
 6. Push-ups with clap 10x
 7. Side Plank Hold 15-30 seconds on each side
 8. Supermans 16 alternating sides (8 each side)
 9. Prone March 16-20 alternating (8-10 drops each leg)
- ❖ Rest....Repeat Exercise list 1-2 more times....

Courtesy of the Sports Medicine Department at



Cheshire Medical Center
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DESCRIPTIONS

WORKOUT #1

★Sumo Squat with Dumbbell

Stand with feet wider than shoulders and hold a heavy dumbbell in both hands. Bend knees and, keeping weight in the heels, lower butt until it's parallel to floor (or as low as you can). Keep abs in and make sure you can see your toes. Push through the heels to raise back up and repeat.



★Walking Lunges

Stand with feet together, and step right foot forward into a lunge, taking both knees to 90 degrees. Step together with left foot and then lunge forward with left foot into a lunge. Continue, alternating legs, for the length of the room. Don't allow front knee to bend over the toe.

★Lateral Squat

Split your feet out to the side about a foot past shoulder width on each side. Lean to one side – pushing your hips/butt back at the same time, so that all your weight is on your heel on the side you are leaning to and your knee is behind your toes. Your opposite leg should be straight and flat on the floor. Push off your heel back to the starting position, and then repeat to the other side. Adjust stance as needed;



★Calf Raises

Stand on a curb or platform with your heels over the edge (or just the floor). Lift up onto your toes, raise one foot and slowly lower.



★Chair Dips

Lower your body using your triceps...try not to push up with legs- they are only stabilizing your body



★Plank on Elbows

Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air. Hold for 20 to 60 seconds, lower and repeat for 3-5 reps.

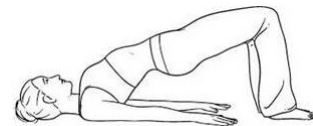


★Supine Bridge

Lie face-up on the floor, with your knees bent 90 degrees, your feet on the floor. Lift your hips and back off the floor until your body forms a straight line from your shoulders to your knees.

Keep It Honest: Squeeze your glutes at the top of the movement, and don't let your spine sag.

Make It Harder: Straighten one leg once your hips are lifted.



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WORKOUT #2



★Wall Sits

Stand in front of a wall (about 2 feet in front of it) and lean your back against it. Slide down until your knees are at about 90-degree angles and hold, keeping the abs contracted, hands at your sides for 30 seconds. Come back to start and repeat. To add intensity, hold weights or squeeze a ball between the knees.

★Split Squat

Stand with left foot forward and right foot back, in a wide stance. Bend knees, keeping left knee over your ankle and lowering right knee almost to the floor; think of lowering your hips straight down; then return to standing.

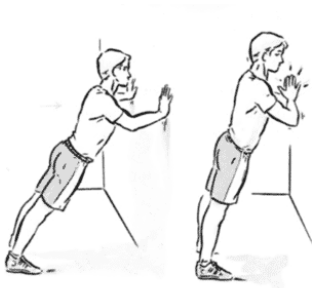


★Lateral Lunges

Stand with feet together and hands above your chest. Keeping your abs tight and chest high, take a big step to the right and squat down by lowering your hips down and butt back; keep knee behind toes and feet flat. Your trailing leg should be relaxed with knee extended. Then push off with your right leg and return to the starting position.

★Jump and Stick

Jump from and land on the balls of both feet. Jump high, not far. Land “lightly” with knees bent and hold two to three seconds before jumping again. Use arms to propel the jump. When jumping laterally- stay facing forward.



★Wall Push and Clap

Place your hands against a wall or a high countertop. Move your feet back so your body is angled about 45 degrees from the floor. It should form a straight line from your heels to your head. Bend your arms and lower yourself until your elbows are bent at 90 degrees. Push up as hard as you can, clap your hands once, and return to the starting position before immediately dropping into another repetition.

★Side Plank

Lie on your right side, supporting your upper body on your right forearm, with your left arm at your left side. Lift your hips and, keeping your body weight supported on the forearm and the side of the right foot, extend your left arm above your shoulder. Hold this position for 10 to 30 seconds. Switch sides and repeat. Keep your hips up; don't let them sag.



★Supermans

Lie facedown with your legs extended straight behind you, with your toes pointed and your arms extended straight overhead. Hold your head straight in line with your spine and lifted off the floor at a comfortable level. Slowly raise your right arm and your left leg at the same time until both are a few inches off the floor. Hold, then slowly return to the starting position.

★Prone March

Lie face up with your head supported by a pillow or foam roller. Begin with your legs bent 90 degrees and your thighs perpendicular to the floor. Engage your deep abs by drawing your navel toward your spine. While holding this contraction, slowly lower your right foot to the floor, return slowly to the starting position, and then lower the left foot. If you find this easy, you are failing to hold the contraction.

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