



"Anytime, Anywhere" Workouts

Do these quick, no equipment needed, routines anytime, anywhere. Pick a square to do a 1, 3, or 5 minute workout. Have 10 minutes? Pick a column or go diagonal to target all major muscle groups. Grab a friend and have some fun!

Cardio/Legs

Abs

Total Body

1 Minute Workout *Cardio/Legs*

1 Minute Workout *Abs*

1 Minute Workout *Total Body*

Do 15 seconds each:

- jumping jacks
- calf raises
- mountain climbers
- squats

Do 30 seconds each:

- plank
- bird dog

Do 15 seconds each:

- jumping jacks
- high knees
- arm circles
- squats

30 Second Rest

3 Minute Workout *Cardio/Legs*

3 Minute Workout *Abs*

3 Minute Workout *Total Body*

Do 1 minute each:

- jumping jacks
- squats
- jog in place

Do 45 seconds each:

- crunches
- toe reaches
- plank
- mountain climbers

Do 45 seconds each:

- tricep dips
- calf raises
- jog in place
- mountain climbers

30 Second Rest

5 Minute Workout *Cardio/Legs*

5 Minute Workout *Abs*

5 Minute Workout *Total Body*

Do 50 seconds each:

- squats
- mountain climbers
- lunges
- high knees
- calf raises
- jump rope

Do 1 minute each:

- plank
- crunches
- bird dog
- mountain climbers
- toe reaches

Do 1 minute each:

- jump rope
- tricep dips
- plank
- lunges
- squat

For more information on any of these routines, email Strong4Life@choa.org.



Arm Circles

Slowly start to make circles of about 1 foot in diameter with each outstretched arm. Continue the circular motion of the outstretched arms.

Bird dog

Start on all fours keeping your hands in line with your shoulders and knees in line with hips. Extend opposite arm and leg straight in front/ behind. Return to starting position and alternate lifting opposite arms/ legs.

Calf Raises

Start standing with feet hip width apart. Raise onto the ball of your feet then lower heels back toward the ground.

Crunches

Lie flat on your back with knees bent and feet flat on the floor. Place your hands behind your head with fingertips slightly touching the head (do not pull on your neck). Keep your chin up. Use your core to lift your shoulders straight off the floor.

High Knees

Start standing with feet hip width apart. Lift up one knee so that your thigh is parallel to the floor. Alternate lifting each leg.

Jumping Jacks

Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lowering arms and returning legs to midline.

Lunges

Start standing. Take a large step forward with hips squared to the front. Lower your back knee toward the floor (without touching). Push back up to the starting position. Alternate forward leg.

Mountain Climbers

Start in pushup position. While holding upper body in place alternate bringing knee toward your chest as if jogging in place in a pushup position.

Plank

Start in a pushup position. Keep your body straight and rigid as if a board were lying flat across the length of your body. Keep your hips from dropping too low or raising too high. Lower your forearms for a forearm plank.

Squats

Start standing with shoulders back and feet hip width apart. With all your weight on your heels, squat by bending at the knee and sitting your hips back as if sitting into an imaginary chair. Keep your head and chest up. Push back to standing position.

Toe Reaches

Lie flat on your back. Lift both arms and legs straight up into the air. Crunch your abdominals and reach up to try and touch your toes. Knees may be slightly bent.

Tricep Dips

Start in a seated position with knees bent and feet flat on floor. Place your hands on floor underneath your shoulders so that fingertips are pointing forward. Raise your hips 9-12 inches off the floor. Bend at the elbows and push back up.