

Winter **BLAH-BUSTING** Family Workout

Basic Workout Instructions: Warm up for 3-5 minutes with low-intensity movement, like walking, light dancing, or slow jumping jacks. Perform each exercise below 10 to 15 times on each side, unless otherwise noted. Repeat the entire set twice. **Beginners:** Perform each exercise 8-10 times. Complete the set once. **For a Challenge:** Perform each exercise 15-20 times. Perform the entire set three times. Cool down with 5 minutes of light movement, getting slower as time progresses. Add a few large muscle group stretches. Do this workout once or twice a week.



Squat Jump - Stand with your feet shoulder-width apart. Bend your knees into a squat position until your knees are bent at a 90-degree angle (see first photo). Hold for 1-5 seconds. With a quick burst of energy, jump straight up, reaching arms above your head (see second picture). Land with knees bent in a squat position. Repeat.

Beginners: Reach and extend up as far as you can without jumping.

Challenge: Jump as high as you can and return in a deeper squat (until just before your hamstrings touch your calves).

Mountain Climbers - Begin with hands on ground at shoulder level, left leg extended behind you, and right leg in a deep lunge forward with knee near chest (see picture to the right). Pressing most of your weight through your arms, move your feet quickly to switch your right leg back and left leg forward. Repeat.

Beginners: Step each leg back one at a time rather than quickly.

Challenge: Switch feet quickly in the air with small jumps.

Perform this exercise for 60 seconds without stopping!



Book Bicep Curls - Stand with your feet shoulder-width apart. Hold two to four large books in your hands. Begin with elbows at sides, arms lowered (see first picture). Keeping elbows at your sides and wrists straight, raise forearms up towards shoulders (as high as you can without dropping the books - see second picture). Pause for 1 second. Lower to starting position. Repeat.

Beginners: Use less books or lighter books.

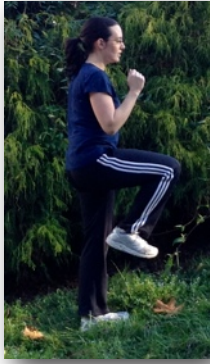
Challenge: Parents (or older teens) - bicep curl your younger kids (or siblings, with care)! So much fun for all involved!

Side Slide Pick-Up Push - Begin in squat position. Place an object (card, ball, block) 3-5 feet to your right. Step out with your right leg into a deep side lunge with knee bent about 90 degrees. Keep your knee lined up behind your toes. Lunge and reach for the object (see top picture). Return to starting position, switch object to left side. Repeat on left side (see bottom picture).

Beginners: Keep object closer to your starting position. Do not bend as deep.

Challenge: Place object farther away for a deeper lunge. Use a weighted object (heavy soup can, hand weight, weighted ball). Add a quick step when switching sides to make it a sliding motion.





Inverted Flyer - Begin standing with right knee raised until thigh is parallel to floor (see first picture). Extend right leg behind you until leg is parallel to floor. At the same time, reach your left arm in front of you to counter your balance (see second picture). Contract your abdominals; hold 5-10 seconds. Return to starting position. Switch sides. Repeat.

Beginners: Perform this exercise near a wall so you can steady yourself as needed.

Challenge: Hold each repetition for 10-20 seconds! Complete all repetitions on one side, keeping your raised leg off the ground for all reps. Switch sides.

Fancy Footwork - The main goal of this exercise is to keep moving and elevate your heart rate! Get creative and keep your feet moving for 60 seconds! Try heel taps (see picture), criss cross jumps, one foot jumps, two feet jumps, and more. Pretend like you are jumping rope.

Beginners: Begin at a slower pace and aim for 30 seconds. Slowly increase the amount of time you sustain movement.

Challenge: Move faster and increased height of your jumps. Aim for 80-120 seconds of movement.



Plank Crawl - Begin with hands on the floor, shoulder-width apart. With legs extended behind you and your weight on hands and toes, hold this plank position for 1-5 seconds (see top picture). Take one leg to the side, follow with the same side arm, then the opposite arm and leg (see bottom picture). Continue to "crawl" this way 5 steps to each side and back for 30 seconds.

Beginners: Perform the activity with knees down.

Challenge: Continue moving for 60-120 seconds.

Try using a jumping or hopping motion with feet.

Bridge Kick - Begin seated on floor with hands outside and slightly behind your hips, feet flat on the floor, knees bent. Shifting your weight to your hands and feet, raise your hips 2-4 inches off the ground. Slowly raise one foot until lower leg is parallel to the ground. Keeping your hips off the ground, switch legs. Repeat.

Beginners: Perform this exercise with hips on the ground the entire time (see top picture).

Challenge: Perform this exercise with hips raised one foot or more off the ground until hips form a straight line with thighs (see bottom picture). Try switching legs at the same time with a hopping motion.



Cool down with 5 minutes of slow movement (walking, stepping side-to-side). Finish with a stretch for each major muscle group worked (hamstrings, triceps, quadriceps, abdominals, pectorals, glutes, biceps). Hold each stretch steady for 15-30 seconds. Feel better already?