





**Sick of Crowded, Sticky, Pricey Gyms??**

**Want to LOSE those Holiday Rolls??**

**Can't find the TIME to Exercise??**

# **Try Fitness Training at Home** **in your PJ's!**

## **Exercise Routine**

<b>Ex.</b>	<b>Exercise</b>	<b>Description</b>
1		<b><u>Bucket Squats</u></b> — Position your feet flat on the floor, about shoulder width apart with a weight in each hand. Looking straight ahead, slowly descend until the thighs are parallel to the floor, hold for a second, then push back up to the starting position. Repeat 8-12 times for each set.
2		<b><u>Lateral Raises</u></b> — Stand with your feet shoulder width apart, holding a weight in each hand by your sides. Raise the weights out to the side to shoulder height, keeping elbows slightly bent for the whole movement. Repeat 8-12 times for each set.
3		<b><u>Sit Ups</u></b> — Start flat on your back with knees bent at 90 degrees and feet flat on the floor, and arms out straight. Slowly curl the torso, raising your head and shoulders and sliding your hands along your thighs until they reach your knees. Lower yourself slowly back to the floor. Repeat 10-20 times for each set.
4		<b><u>Step ups</u></b> — With or without weights in your hand, step up onto the step in a steady and controlled motion. Pause momentarily with both feet up on the step, before stepping down leading with your opposite foot, returning to the starting position. Repeat this action, alternating the leading leg each time. Repeat for a total of 10 to 20 times per leg.

5



**Push-ups** — Lie face down on the floor with your hands shoulder width apart. Push-up until your arms are straight, keeping you back and legs aligned. This is the starting position. Lower your body until your upper arms are horizontal, and then return to the starting position. Books or bricks can be used to elevate the hands (easier) or feet (harder).

6



**Standing Lunges** — Both feet should be directed straight with the toes facing forward. Step forward with one foot, leaving the other back. From this position, lower your back knee almost to the floor, and rise up again. Repeat this action 8-12 times, then again with the opposite foot forward.

7



**Side Bridge** — Place a towel or book on the ground, and rest your elbow on it. Your elbow should be directly below the shoulder. Raise your hips up and make sure your body is straight. Hold this position for between 30-60 seconds. Repeat three times on each side.

8



**Bent Over Row** — using a sturdy bed or similar, place your hand and knee onto the flat surface, with a weight in your right hand. Slowly bring the object up to the side of your chest, keeping your back straight, then lower the weight back down to straighten the arm. Repeat this action, concentrating on utilizing your back muscles. Switch over to work the other arm. Repeat 8-12 times each side for each set.