**WORKOUT AT HOME**

**WEEK 5 – TOTAL BODY HIIT WORKOUT**

**This week’s goal:** Do each exercise in sequence in this Total Body home workout on any 3 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day.

Check off your daily progress below: W = Workout  C = Cardio  S = Stretch

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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

### Warm Up

1. **Arm Circles**
   - Stand with your feet shoulder-width apart.
   - Raise and extend your arms to the sides without bending the elbows. Slowly rotate your arms forward, making small circles of about 1 foot in diameter. Do this for 30 seconds. Complete a set in one direction and then switch, rotating backward.

2. **Knee Hugs**
   - Continue with your feet shoulder-width apart. Raise one leg up towards your midsection; place your hands just below the knee and pull your leg in towards you. Hold that stretch for 20 seconds, then release. Alternate legs back and forth.

3. **Toe Touches**
   - Continue with your feet shoulder-width apart. Raise your right leg straight out in front of you and reach for your toes with your left hand. If you can’t quite reach your toes you can put a slight bend in your knee and stretch as far as you can comfortably. Hold for 15 seconds. Alternate legs.

**Not feeling warmed up?** Repeat the warm up exercises one more time. Move onto the Main Workout.

### Main Workout: Do Each Exercise for 30 Seconds.

1. **Sink Squats**
   - Start by standing with your feet shoulder-width apart. Push your hips back and squat down while keeping your chest upright. Sink down into the squat as slowly as you can on the way down; try to get your thighs parallel to the floor. Return to your starting position by pressing through your heels and press back up as quickly as you can.
   - **Easy:** Descend only part way
   - **Moderate:** Perform as above
   - **Advanced:** Add a weight

2. **Rope Pull**
   - Begin by lying on your back with your legs slightly bent. Imagine that there is an invisible rope descending from above you. Reach up with one hand as high as you can to grab that rope and then pull it back down to the ground and let yourself return to your starting position. Alternate hands back and forth.
   - **Easy:** Step one leg out at a time
   - **Moderate:** Perform as above

3. **Plank Jacks**
   - Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together. Like the motion of a jumping jack, jump your legs wide and then back together. Jump as quickly as you want, but keep your pelvis steady and don't let your booty rise toward the ceiling.
   - **Easy:** Step one leg out at a time
   - **Moderate:** Perform as above
4. Squat Jacks

Stand with your feet together, core engaged, and hands at your chest. Jump your feet wide and sit back into a wide squat, engaging your glutes and bending both knees until your thighs are parallel to the floor. Jump your feet back together to return to your starting position. Immediately jump your feet wide again to drop into another wide squat.  
**Easy:** Step your feet out  
**Moderate:** Perform as above  
**Advanced:** Make the small hops higher, swinging your arms up with each hop.

5. Scissor Kicks

Lie on your back on the mat with your legs extended out in front of you. Place your arms by your sides, palms down. You can also place your hands under your glutes below the small of your back, palms pressing into the floor. Engage your core by pressing your lower back into the mat and tucking your pelvis. Lift both legs off the ground about six inches from the starting position. With your core tight and neck relaxed, lower one leg toward the floor as you lift the other leg up. Continue the scissoring motion by slowly switching your legs up and down.  

**Easy:** Place your knees on the floor  
**Moderate:** Perform as above

6. Dead Stop Push Ups

Begin in a push up position. While keeping your core tight and back straight, drop yourself down to the floor and let your whole body weight rest on the floor. You can pick up your hands briefly if you’d like. From here, press yourself back to your starting position. You can modify this exercise by lowering your knees to the ground.  
**Easy:** Place your knees on the floor  
**Moderate:** Perform as above

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**Cool Down & Stretch**

1. Shoulder Stretch

Standing with your feet shoulder-width apart, bring your right arm across your body while bringing your left arm up to hold it just below your elbow. Hold this stretch, then switch arms and repeat.

2. Achilles Stretch

Standing with your feet shoulder-width apart, stretch one leg back behind you and plant your heel into the ground. Make sure both of your toes are pointing forward. If you still don’t feel the stretch in your back leg, bend your front knee until you feel the stretch in your calf. You can do this stretch facing a wall as well so you can rest your hands there for more support.

3. Chest Stretch

Standing with your feet shoulder-width apart, reach your arms behind you and interlace your fingers together. Pull your shoulders back and look up towards the ceiling. Take long deep breaths in and out.

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Not feeling worked out? Repeat these exercises as a circuit 2-3 more times. Move on to the Cool Down & Stretch.

Go to this link to follow along with the workout video: TOTAL BODY HIIT WORKOUT

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