

CHI WORKOUT

HOME WORKOUTS – At Home Interval Training (5 part) Workout with Lisa

AT HOME INTERVAL TRAINING (5 PART) WORKOUT WITH LISA

The following workouts include:

Lower Body, Upper Body, Cardio, Core, and Total Body Exercises

Equipment: For most - None (Body wt. Only) Dumbbells, Small Bands
Warm-up Before, Cool Down & Stretch after with each workout

EACH EXERCISE IS PERFORMED FOR 1 MINUTE; 1, 2, OR 3 SETS

To modify or intensify:

- DECREASE OR INCREASE PACE, TIME, OR # OF SETS

-DO MORE THAN 1 WORKOUT IN A SINGLE SESSION (EXAMPLE: DO BOTH LOWER
& UPPER BODY THE SAME DAY)

- Add weight for extra resistance

-Modify specific exercises as you would in a class, training session, or in your daily
life

*Workout time RANGES FROM 25 – 45 MINUTES DEPENDING ON HOW MANY SETS
YOU DO!*

Have fun!

Lisa

LOWER BODY

Monster walks

Wide squat position, stay low, walk forward 10 steps then backward 10 steps, repeat

Goblet Squats

Stand in plie position holding DB in vertical position, squat until DB barely touches floor, rise up lifting arms (and DB) overhead

Side Steps with Small bands

With bands around ankles (optional), take 10 steps to the right, then 10 steps to the left, repeat. Keep tension on band

Split-Squat 21's

Lunge position (rt lead), 7 reps each of 1) full range of motion, 2) top of range to 1/2 way down, 3) 1/2 way down to lower range, 4) pulses Until 1 minute is reached. REPEAT left side

Inchworm LADDER

Start standing: Walk out hands into plank position keeping legs as straight as possible with a small bend at the knee, + 1 push-up; Walk hands back to feet, keeping legs as straight as possible with a micro-bend at the knee; Roll up to standing, 1 squat. Continue, adding a push-up and squat until 1 minute is reached OR until you've reached 5 reps of push-ups and squats); (push-ups and squats are optional)



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UPPER BODY

Push-up 21's

7 reps each of 1) full range of motion, 2) top of range to 1/2 way down, 3) 1/2 way down to lower range, 4) hold position 1-2 inches from floor for a few seconds, repeat (Option: stagger hands switching 1/2 way OR do 1x through rt. Lead and 1x through left lead)

Band Chest Opener

Hold onto band and “pull” band, then release some tension, doing “pulses”, OR do chest openers with no band

Isometric Internal/External Rotation

Hold one end of band stable in left hand with arm near the center of your body. . Hold other end of band in rt. hand with rt. arm bent at 90 degrees and upper arm placed firmly against side. Rotate rt. Arm out & away from the body, then inward across torso, keeping tension on the band. (Option: instead of using a band, use opposite hand/arm to push against & provide resistance)

Runner's Arms

Make jogging/running motion with arms while standing in a split-squat position. 30 sec.right/30 sec. left
Option: + dumbbells

Band 2-arm Triceps Extension

21's Attach band to something stable or work with a partner! 7 reps each of 1) full ROM, 2) 1/2 way to upper ROM, 3) 1/2 way to bottom ROM (rt, left)



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CARDIO

Plank Jacks

Modification: move legs 1 at a time rather than jumping out /in together, OR regular jumping jacks

Ski Jumps

Narrow stance, switching direction of toes each hop; arms stay close to body with “reach & pull” movement coordinating with legs

Sprints in Place

“JOG in place 10 seconds,”SPRINT” in place 10 seconds, repeat

Karaoke

Move right for 10 seconds, move left for 10 seconds, repeat Option - lateral side steps or hops, 10 in each direction

Soldier

Alternate sides doing a straight leg raise with opposite arm reaching forward, then switch; Continue as a “march” in place.



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CORE

V-sit Hold

Modification: 1 or both feet (toes) touching floor

Donkey Kicks

Hands on floor, alternate sides, performing a donkey kick (bend/extend/ bend/touch down)

Mason Twists

With or without + dumbbells; v-sit position, moving arms side-to-side

Reverse Crunches

10 reps with feet flexed, 10 reps with toes pointed, repeat

Soldier

Alternate sides doing a straight leg raise with opposite arm reaching forward, then switch;
Continue as a “march” in place



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TOTAL BODY

Football Drill/Burpee

Quick feet in place 10 seconds + 2 burpees, repeat

Assisted Pull-ups

Hold onto something stable or a partner if you don't have access to a pull-up machine at home. Begin with feet planted and arms straight (microbend at elbow) and PULL your body upward until chin is about even or above hand-level, then lower down to starting position. Another option: attach band to something stable and do a "rowing" motion with narrow or wide arm placement.

Woodchops

"Chop" Diagonally from upper right angle-to-lower left with a smooth, controlled movement; Switch sides after 30 seconds.
Option: + dumbbell

Plank Shoulder Taps

Plank or modified plank position; Alternate tapping hand-to-opposite shoulder

Spinal Balance

All 4's: hold opposite arm and leg up for 10 seconds, repeat other side. Intensify by holding arm/leg out at an angle away from the body's center



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