

# CHI WORKOUT

HOME WORKOUTS – Five Workout Series with Lisa

## Five Workout Series

### Tabata/Interval Format

Equipment: Dumbbells (optional); Mat (recommended)

This series includes 5 workouts:

**Lower body, Upper body, Cardio, Core, and Total Body**

Each workout takes around 30 minutes with a proper warm-up and cool-down.

Most of the exercises need NO equipment, so you'll be using body weight only.

Dumbbells are used in a few exercises to add more resistance, but the movement can be done with no weight and still be beneficial.

Modifications: Increasing or Decreasing work time and/or rest time; Speed up or Slow down pace; Perform exercises using the dumbbells With more weight, Less weight, or Without dumbbells.

Note: Modify exercises as necessary for YOU, just as you would do in a fitness class, training session, or when doing movements in your regular daily routine.

YOU CHOOSE whether it is: a) your workout for the day, b) an add-on to your workout routine, c) the order in which to do the workouts, and/or d) if you want to do more than one during your exercise time.

*Enjoy! We miss you! -Lisa Schreck*

# Lower Body Workout (Body Weight Only)

## Warm-up:

Choose or combine:

Walk, jog, do jumping jacks (low or no impact), step side-to-side, low impact butt-kicks, march in place, etc. for 5-7 minutes followed by light stretching and/or Range of Motion movements in all planes of motion from Head-to-toes (or Toes-to-head!)

**Tabata-style; 20 seconds work/10 seconds rest 2 exercises, alternate for 4 sets = total of 8 ( 4 min.) 3 Tabata circuits total (12 min.)**

Circuit #1:

- Squats (*any style*)
- Alternate reverse lunges (*option: add power*)

Circuit #2:

- Heel raises (*alternate heels or do together*)
- Toe lifts (*alt. or together*)

Circuit #3:

- Chair sit  
(*hold with arms extended at an angle upwards, or hands together in front of chest*)
- Alternate lateral (side) lunges

## Cool down:

*Examples: b r e a t h e, Walk/move at a slow pace 5-7 minutes, Stretch!*



*DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.*

# Upper Body Workout (Body Weight Only or + Dumbbells)

## Warm-up:

Choose or combine:

Walk, jog, do jumping jacks (low or no impact), step side-to-side, low impact butt-kicks, march in place, etc. for 5-7minutes followed by light stretching and/or Range of Motion movements in all planes of motion from Head-to-toes (or Toes-to-head!)

**Tabata-style ; 20 seconds work/10 seconds rest 2 exercises, alternate for 4 sets = total of 8 ( 4 min.) 3 Tabata circuits total (12 min.)**

## Circuit #1:

- Push-ups (*any style*)
- Triceps dips (*Option: add alternate leg “kick”*)

## Circuit #2:

- Arm circles with arms out to the side  
*(switch direction each set; option - add lt. Weights (1-4 lbs.)*
- Arm swim  
*choose or combine front crawl, back crawl , butterfly, breaststroke or sidestroke,(alternate right/left) etc.; Option: add light dumbbells*

## Circuit #3:

- Wrist curls (seated or standing, add 1-3 lb. dumbbells)  
*\*Do both flexion and extension, going through full range of motion at slow and controlled pace*
- Hand/finger squeeze & release  
*(make a fist & “squeeze”, then straighten and spread out fingers, continue pattern for 20 seconds, rest 10)*

## Cool down:

Examples: b r e a t h e, Walk/move at a slow pace 5-7 minutes, Stretch!



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# Cardio Workout (Body Weight Only or + Dumbbells)

## Warm-up:

Choose or combine:

Walk, jog, do jumping jacks (low or no impact), step side-to-side, low impact butt-kicks, march in place, etc. for 5-7 minutes followed by light stretching and/or Range of Motion movements in all planes of motion from Head-to-toes (or Toes-to-head!)

**Tabata-style; 20 seconds work/10 seconds rest 2 exercises, alternate for 4 sets = total of 8 (4 min.) 3 Tabata circuits total (12 min.)**

## Circuit #1:

- Jumping jacks (*regular or low-or -no impact*)
- In & Out squats (*with or without impact*)

## Circuit #2:

- Mountain climbers (*standing or from plank position*)
- Burpees (*modify as needed, Options: wall sit OR squat w/alternate right/left lunge*)

## Circuit #3:

- Global Jumps (*frog hop fwd, lateral hop right, hop back, hop left, making a square*)  
*Options: both legs landing simultaneously, 1-leg slightly before the other, step with no hop*
- Alternating forward kicks (*standing*)  
*Options: kick below/at/or above waist level; with or without "power" i.e. hop as you switch sides*

## Cool down:

Examples: b r e a t h e, Walk/move at a slow pace 5-7 minutes, Stretch!



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# Core Workout (Body Weight Only or + Dumbbells)

## Warm-up:

Choose or combine:

Walk, jog, do jumping jacks (low or no impact), step side-to-side, low impact butt-kicks, march in place, etc. for 5-7 minutes followed by light stretching and/or Range of Motion movements in all planes of motion from Head-to-toes (or Toes-to-head!)

**Tabata-style ; 20 seconds work/10 seconds rest 2 exercises, alternate for 4 sets = total of 8 (4 min.) 3 Tabata circuits total (12 min.)**

## Circuit #1:

- Plank hold (*modified or regular*)
- Wide bent-over row (*with dumbbells, Option: alternate grip each set*)

## Circuit #2:

- Elbow (forearm) plank with Hip Dips (*modified or regular*)
- Side Elbow (forearm) plank w/Hip Dips (*alternate sides each set*)

## Circuit #3:

- Side-to-Side crunches with alternating Heel Taps (*lying on floor with knees bent*)  
*Option: Use 1 hand to support head/neck and do one side at a time, alternating sides each set*
- Supermans (*lie prone on floor with arms overhead keeping spine neutral*;  
*Options: lift legs only with chin resting on hands; lift arms only; lift opposite arm & leg, switch; lift arms & legs simultaneously*) *For all options, lift and hold for 2-5 seconds, lower to floor, repeat*

## BONUS: (Do It!)

- Bridge Lift/Hold/Lower;  
*(Lie on the floor with knees bent, perform a bridge by lifting hips off of floor, holding 2-5 seconds, then lower, repeat)*
- Glute squeezes;  
*(From bridge position, squeeze glutes holding 2-5 seconds; release/relax, repeat; Options: alternate squeezing one side at a time, cross leg over opposite knee and do 1 leg at a time, switch)*

## Cool down:

Examples: b r e a t h e, Walk/move at a slow pace 5-7 minutes, Stretch!



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# Total Body Workout (Body Weight Only or + Dumbbells)

## Warm-up:

Choose or combine:

Walk, jog, do jumping jacks (low or no impact), step side-to-side, low impact butt-kicks, march in place, etc. for 5-7 minutes followed by light stretching and/or Range of Motion movements in all planes of motion from Head-to-toes (or Toes-to-head!)

**Tabata-style; 20 seconds work/10 seconds rest 2 exercises, alternate for 4 sets = total of 8 (4 min.) 3 Tabata circuits total (12 min.)**

## Circuit #1:

- Alternate squat-to-biceps curls (with dumbbells)
- 2-arm (1 dumbbell) overhead triceps extension (standing)-to 1 Circle around-the-head (alternate directions after each rep)

## Circuit #2:

- Shuffle Touch-downs  
*(shuffle right count 1-2-3, touch down or reach to the floor, then go left, repeat; Option: lateral steps with no "power")*
- Alternate Deadlift-to-reverse lunge (r,l)  
*(Options: Do one movement at a time rather than combine; add stork-stance after reverse lunge)*

## Circuit #3:

- Chair hold *(switch sides each set)*
- Cat/Cow *(on all-4's, fluid movement between cat/cow)*  
*Cat - round back & tuck pelvis, contracting abs*  
*Cow - lengthen through torso as you tilt pelvis back slightly and lift chin slightly)*

## Cool down:

Examples: b r e a t h e, Walk/move at a slow pace 5-7 minutes, Stretch!



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