



STAY FIT.
STAY STRONG.

AT HOME WORKOUT - LEVEL 1

1. Start off your workout with a 10-15 minute walk around the block.
2. Two to four sets of 10 kneeling push-ups. Have 30 seconds rest between each set.



Place your hands on the ground, shoulder width apart. From your knees, lower your torso to the ground until your elbows form a 90 degree angle. Push back up with the palms of your hands.

3. Two to four sets of 10 chair squats. Have 30 seconds rest between each set.



Stand with feet hip-width apart with a chair behind you. Raise your arms and slowly squat down towards the seat of the chair. Keep your core contracted and knees behind your toes. As you touch down in the chair, contract your glutes (buttock muscles) and lift yourself back to standing.

4. Two to four sets 15-30 second kneeling plank. Have 30 seconds rest between each set.



Lie on your stomach with legs stretched out, elbows bent right underneath your shoulders, with hands clasped or palms face down. Lift your hips up to create a straight line from the top of your head to your kneecaps. Hold this position for 15-30 sec.



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4. Two to four sets 15-30 second wall sit. Have 30 seconds rest between each set.



Lean back against the wall with your torso, with your feet shoulder-width apart. Then press back and slide down the wall until your thighs are parallel with the ground. Your knees should be above your ankles and bent at right-angles. Keep your head, shoulders and upper back against the wall and hold the position.

WHY TRY A HOME WORKOUT?

It strengthens your mental fitness: Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication—but without the side-effects, of course. A recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%.

It acts as an insurance policy for your heart: Research shows physically active individuals generally have heart disease rates 50 percent lower than those who are sedentary. Even a single exercise session may protect the cardiovascular system for two to three hours post-exercise.

It boosts your immune system: Exercise has been shown to increase antibody production by as much as 300%. Antibodies are a special type of protein produced by the immune system that “hunt” down bacteria, viruses or other unwanted invaders. Exercise also directly increases the number of T-cells (the immune system’s “killer cells”) in your body. After antibodies have located “invaders”, T-cells come in and “kill” them.