

WORKOUT AT HOME

MUSCLE MEMORY WORKOUT



This week's goal: Do each exercise in sequence in this Muscle Memory 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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. Overhead Stretch



Take a deep breath in as you lift your arms above the head and lengthen your spine. You can look up to the sky/ceiling. Hold for a few seconds. Take a deep breath, grab your left wrist. As you exhale, lean to the right side (opposite to the wrist you are holding). Hold for a few seconds. Come back to standing center. Repeat the movement by grabbing your right wrist and leaning to the left.

2. March in Place



March in place keeping chest high and core engaged. Gently swing arms using opposite arm/leg combination. Do for 30 seconds.
Easy: Keep knees low at a slow pace
Moderate: Lift knees high
Advanced: Jog in place with high knees

3. Cat Cow Pose



Move to your hands and knees. Knees should be about hip distance apart and hands in line with your shoulders. Exhale and tilt your tailbone forward, let your belly drop, and look up. Inhale as you arch your back bringing your belly button in and looking down at your mat. Continue this motion a few times. Breathe through each movement.

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

Main Workout: Do each exercise for 45 seconds.

1. Plank Tap



Start in a plank position. Tap your right hand to your left shoulder while engaging your core and glutes to keep your hips as still as possible. Do the same thing with your left hand to right shoulder. Continue, alternating sides.
Easy: On knees
Moderate: On feet, wider
Advanced: Feet together

2. Glute Bridge



Lie flat on your back with hands at your sides, knees bent, and feet flat on the floor. Press through your heels to lift your pelvis up until the body is in a line straight from your knees down to your shoulders. Make sure to keep your heels and head on the floor, looking up toward the ceiling. Slowly return to your starting position.

3. Roman Twist



Sit on the floor with your legs in front of you, knees bent, and heels lifted a few inches into the air. Lean back at a 45° angle with your arms straight in front of your chest, palms together. Slowly rotate your torso to the right, pause, then to the left.
Easy: Rest heels on the floor
Moderate: Perform as above
Advanced: Add a weight

4. Plié Squat Pulse to Jabs



Stand with feet wide, toes pointed outward. Lower into a squat, trying to get the thighs parallel with the floor. Pulse by rising out of the squat a couple of inches, then lowering back down into the squat. Straighten the legs fully to come up out of the squat. Punch straight forward with the left arm, keeping the arm in line with the chest. Now punch forward with the right arm.
Modified: Do not go down as far in the squat.
Higher intensity: Jump straight up between plié squats, or hold light weights.

5. 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

6. Double Leg Drop



Roll over to the back. Lay arms at sides, palms facing down. Keeping the feet together, legs straight, and toes pointed, raise legs off the ground and up to a 90° angle. Slowly lower the legs back down together until they are about 6" off the floor. Repeat.
Modified: Begin the exercise by bending the knees. Bring them in to your chest *first*, then straighten them and slowly lower toward the floor.

*Note: it is okay if the legs can not straighten completely, simply straighten them as much as you can.

7. 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.

8. "T"



Lie on your stomach with your toes pointed and your chin on your mat. Bring arms to side and lift to shoulder height, palms down, making the body like a capital T. Exhale and lift your chest and chin off your mat keeping your palms on the ground. Slowly lift your arms up keeping them in line with your shoulders and back. Hold this position for a breath. Be sure to use the back muscles to lift and lower the upper body and chest during this movement. Repeat this movement 6 times.
Advanced: Lift your legs off the mat when you lift your arms.

9. Side Lunge-Dynamic to Static



Stand with feet spread wide, toes pointed 45° outward. Bend one knee as you straighten the other, this will push your body into a side lunge position. Keep the chest tall. Make sure the bent knee does not extend past the toe. Return to starting position, then lunge to the other side.

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

Cool Down & Stretch

1. Butterfly



Sit on the floor and bend the knees, bringing your heels together in front of you. Keep your chest and shoulders upright as you slowly slide your heels in closer to the body. Once your heels are pulled into a position that is comfortable but challenging for you, slowly attempt to lower your knees toward the floor. Do not force the stretch or let the knees bounce.

2. Lying Spinal Twist



Keeping the right knee still bent, extend the left leg out. Bring the bent knee out just a bit toward your chest. Take your knee across the body and open the arms wide, keeping shoulders on the floor, and looking in the opposite direction. Hold for 30 seconds. Come back to the center and hug your knees. Repeat the same movement with your left leg.

3. Chest and Biceps 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 toward the ceiling. Take long deep breaths in and out.

Go to this link to follow along with the workout video: [MUSCLE MEMORY](#)

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