WORKOUT AT HOME

Compound Movement Workout

This week's goal: Do each exercise in sequence in this Compound Workout on any 3 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio and daily stretching. Go to this link to follow along with the workout video:
COMPOUND MOVEMENT WORKOUT
Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
☐ W ☐ C ☐ S	☐ W ☐ C ☐ S	☐ W ☐ C ☐ S	☐ W ☐ C ☐ S	☐ W ☐ C ☐ S	☐ W ☐ C ☐ S	Rest day

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: 30 second intervals for 2 rounds.

1. Squat with Side Kick

Stand with feet should width apart and hold your chest high. Sink back and down as if you were sitting in a chair while keeping your weight on your heels. Push through your heels to bring yourself back to your starting position, and then lift your right leg out to the side. Return to starting position and alternate legs every rep.

2. Windmill Lunge

Stand with legs wide, arms straight out to the side and parallel to the floor. Bend the right knee into a side lunge and bring the left arm down toward the foot. Continue alternating lunges as you bring the opposite hand toward your toes. Try to keep your arms straight throughout the movement, and lunge as low as you can.

3. Buttkickers

Stand up tall with your shoulders rolled back. Bend your heel back and try to make contact with your glutes. Alternate legs as you continue the exercise. For an additional challenge, turn this exercise into more of a jog in place while staying on the balls of your feet.

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

What Are Compound Exercises?

What are compound exercises? Compound exercises are multi-joint movements that work several muscles or muscle groups at one time. For example, a squat exercise, engages many muscles in the lower body and core, including the quadriceps, hamstrings, calves, glutes, lower back, and core. Compound exercise allows you to get a full-body workout in less time, keeps your heart rate up offering cardiovascular benefits, generally burns more calories, and helps to build strength for everyday living.

Main Workout: Do each exercise for 60 seconds of moderate-intense activity, 60 seconds of recovery, and do the alternate side for 60 seconds where applicable.		
1. Rotating Half Jack 	**2. Wide Squat Punches** 	**3. High Heel Pulse**
• Holding a dumbbell in each hand, begin in Warrior 2 with left knee bent 90 degrees, right leg straight with toes pointed out, and extend arms out to sides, parallel to the floor, palms down. • Straighten left leg and arc arms overhead, palms facing each other, as you rotate torso to the right. • Bend right knee 90 degrees as you bend elbows to bring weights in front of chest, palms facing each other. • Return to lunge position.	• Stand with feet wide apart, holding a dumbbell in each hand, arms by sides; bend elbows 90 degrees in front of chest, palms facing each other, and lower into a squat. • Maintaining squat, punch right arm across center of body, slightly twising torso to left. • Retract right arm and quickly punch left arm toward right.	• Stand with feet together, holding a dumbbell in each hand, bring bent elbows in front of you so dumbbells are about eye level, palms facing each other. • Lower into a squat and lift heels off floor. **Make it easier:** Keep heels on floor. • Maintaining position, alternately punch each dumbbell up and down by a few inches.
4. Warrior Crunch 	**5. Crescent Kick** 	**6. Chair Lift**
• Holding a dumbbell in each hand, stand with feet together, arms by sides. • Lunge back with right leg, bending left knee 90 degrees and keeping right leg straight with toes pointed to right. • Bring dumbbells by ears, elbows pointing out and rotate torso to right as you straighten left leg. • Bend left knee 90 degrees again rotating torso toward left and crunching to bring right elbow to left knee.	• Stand with feet shoulder width apart, holding a dumbbell in each hand, arms by sides. • Lunge straight back with left leg, toes pointed straight ahead, bending left knee 90 degrees and slightly bending right knee, left heel lifted. Extend arms overhead, palms facing each other. • Drive elbows down by sides as you bring left knee toward chest, then kick left leg forward. • Lunge back with left leg as you extend arms overhead.	• Stand with feet together, holding a dumbbell in each hand. Bring bent elbows to shoulder height in front of you so dumbbells are about eye level, palms facing each other. • Balancing on left leg, bring right knee toward chest as you drive bent elbows behind you. • Place right foot on floor again as you lower into a squat and drive elbows forward to shoulder height. As you return to standing, lift left knee toward chest and drive elbows back.
Not feeling worked out? Repeat these exercises as a circuit one more time. Move on to the Cool Down & Mobility.		

Cool Down & Mobility – Do each exercise for 30 seconds, 2 rounds.		
1. Lying Knee Tuck	**2. Sitting Toe T**	**3. Butterfly**
Begin by lying on your back. Pull one leg back toward your chest. Place your hands on the front of your knee to help pull your knee back into the stretch. Alternate legs.	Sit on the floor with your legs extended out in front of you. While keeping your back straight, reach with your fingers for the tips of your toes. Do not bounce during the stretch, just hold within your range of motion.	Sit on the floor and bring your heels together in front of you. Keep your chest and shoulders up as you slowly slide your knees in closer toward you within your range of motion. Once your heels are pulled in slowly attempt to lower your knees toward to floor. Hold for the duration of the exercise.
Go to this link to follow along with the workout video: COMPOUND MOVEMENT		

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