Workouts from Westminster's Fitness, Wellness, and Recreation Department

Instructions for Workout 1 and Workout 2

1. Set an interval timer for 30 seconds of work and 10 seconds of rest (8 times in a round totaling 5 minutes 15 seconds per round). The Impetus app is a good for interval timing.
2. Complete 2 rounds for a total of 10 minutes and 30 seconds, resting 1 minute between rounds.
3. Do as many reps as possible within the 30 second work period but always keep in mind that even if you only do 1 rep it's better than if you skipped the workout entirely! So please don't lose sight of this.

Workout 1

1. Squats (no weights, keep your hands laced behind your head to keep the chest up)
2. Scorpions (high plank position, bringing your knees to your elbows, alternate sides)
3. Squat jumps
4. Plank hops (begin in the high plank position then hop or step your feet up toward your hands, then step or hop back to the plank position and repeat)
5. Swimming (lay on your stomach, lift your arms and legs off the ground, then lift your opposite arm and leg, alternating sides)
6. Burpees (for burpees that include a push-up, put your hands on the floor, step or hop back into the plank position, do a push-up, step or hop feet up to your hands and finish with a jump)
7. Alternating reverse lunges (stand with your feet together, step 1 leg back into a lunge then bring the leg back to meet your front leg, alternate sides)
8. Push-ups

Workout 2

1. High knees
2. 4 mountain climbers + 1 push-up (repeat)
3. Bicycle crunches
4. Dive bomber push-ups (lookup a video demonstration if needed)
5. Burpees
6. V-ups (lookup a video demonstration if needed and this can be done with 1 leg a time)
7. Jump rope
8. High plank to low plank (lookup a video demonstration if needed)
Workout 3 - No Equipment Needed

Repeat 2–3 times.

- 15 Squat jumps
- 5 push-ups
- 25 high knees
- 7 burpees
- 10 reverse lunges
- 7 squats
- 5 push-ups
- 10 lunges
- 5 push-ups
- 7 squats
- Tricep dips on the floor or on a chair
- 15 squat jumps
- 10 YTL's (if you have weights, with weights in hand make a Y, then do a lateral shoulder raise to a T, then bend elbows to make an L)
- 1-minute wall sit
- 5 push-ups
- 25 high knees
- 10 reverse lunges
Workout 4 - Cardio Workout

45 seconds of each exercise, repeating 2–3 times.

- Burpees
- Exercise ball plank to pike (or just plank)
- Squats
- Reverse lunge
- Jump rope
- Mountain climber
- Push-ups
- Wall sit
- Superman
- Tuck jumps/high knees
- Calf raises
- Ab twists
Workout 5

Equipment Needed: Bench (if you have one), Band, Mat:

4 sets of 30 seconds each with a 10-second rest in between each exercise and 30 seconds–1 minute rest between each group of exercises.

1st Group

• Using the bench – back lunges
• Push-ups

2nd Group

• Side squat 1 leg (putting little or no weight on the outside leg)
• Mountain climbers

3rd Group

• Side squat (other leg)
• Burpees

4th Group

• Hop lunges across the bench
• Plank

Tabata with Bands

8 sets of 20 seconds for each exercise with a 10-second rest in between each set and then 30 seconds–1 minute rest in between each exercise.

With band

Biceps – 1 leg or 2 legs

Military press – 1 leg, 2 legs, on knees
Seated rows
**Workout 6**

If you have weights at home this is a great 30–40 minute weight workout

3 sets of 12 reps

Warm-up

Squats
Biceps

Chest press
Bent over rows

Triceps - your choice
Curtsy lunges

Shoulder raises (10 reps 3 sets)
Front, side, and back

Pec flys
1.5 squat (squat down, halfway up, down again, then all the way up)

Overhead shoulder press
Lunges (front or back your choice)

Abs

Stretching
Workout 7 - With Weights

Repeat group of exercises 2 times.

- Warm-up
- 10 squats
- 15 bicep curls
- 10 reverse lunges (each leg)
- 15 chest press
- 10 squats
- 10 push-ups
- 10 lunges each leg
- 10 push-ups
- 10 squats
- 15 YTL’s (for shoulder’s, lift weights to a Y, then lift arms to make a T and move arms to an L)
- 1-minute wall sit
- 10 push-ups
- 10 lunges
- Ab workout (your choice)
Workout 8 - Timed Workout with Weights

30 Seconds of each exercise pair, repeating 3 times. YouTube is a great place to find a video if you are not sure what to do for each exercise.

1. Push-ups and shoulder raises
2. Overhead press and biceps
3. Triceps and bent over row
4. Wall sit and superman or swimming (back extensions)
5. Lunges and calf raises
6. Ab twists and crunches
7. Chest press and squats
8. Reverse fly and dead lift
9. Pec fly and upright row
Workout 9 - Band Workouts

15 reps of each exercise, repeating 3 times. YouTube is a great place to find a video if you are not sure what to do for each exercise.

- Front squat
- Lateral band walk
- Military press
- Front shoulder raises
- Leg extensions
- Standing chest press
- Push-ups
- Side shoulder raises
- Glute bridges
- Seated row
- Biceps
- Triceps
- Bent over row
Workout 10

Weight workout with Cardio Tabata in between weight sets

Weights - 10 reps 3 times through each circuit

1. Squat to a lunge (1 leg)
2. Squat to a lunge (other leg)
3. Biceps
4. Triceps

Cardio Tabata

8 rounds of 20 seconds with 10 seconds of rest in between. Choose 4 different cardio exercises and do the Tabata.

1. Squats
2. Push-ups
3. Upright row
4. Shoulder raises

Cardio Tabata

8 rounds of 20 seconds with 10 seconds of rest in between. Choose 4 different cardio exercises and do the Tabata.

1. Curtsy lunge
2. 1 arm bent over row
3. Other arm bent over row
4. Calf raises

Cardio Tabata

8 rounds of 20 seconds with 10 seconds of rest in between. Choose 4 different cardio exercises and do the Tabata.

1. Squat down and pulse 3 times then up
2. Ab twists with arm
3. Superman or swimmers
4. Dead lifts