



# Staying Fit: Home and Away



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# AWC

ARMY WELLNESS CENTER

## Staying Fit: Home and Away

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# AWC

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## Objectives

- Identify benefits and barriers to physical activity
- Discuss components of an exercise session
- Identify types of equipment and exercises that can be utilized for home workouts
- Develop an action plan for a home workout incorporating all aspects of fitness

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## Aerobic Physical Activity

% of adults who met the guidelines for aerobic physical activity

49.2%

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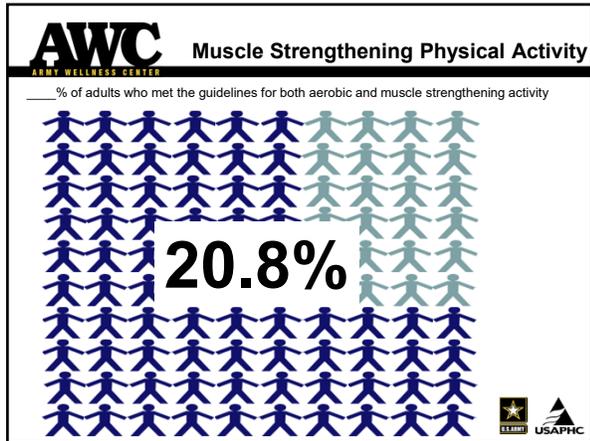
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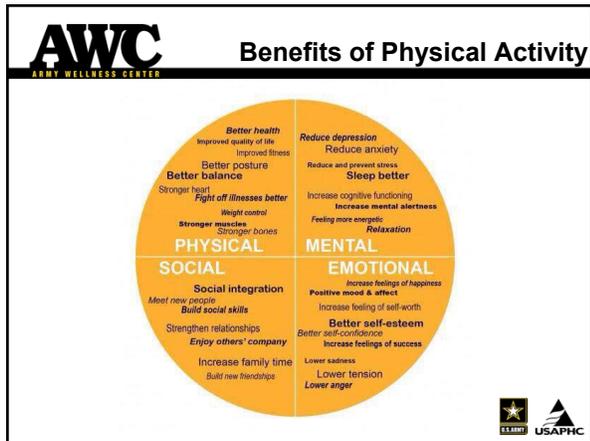
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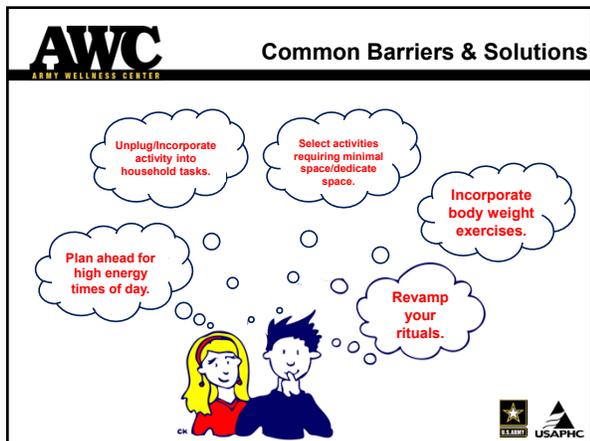
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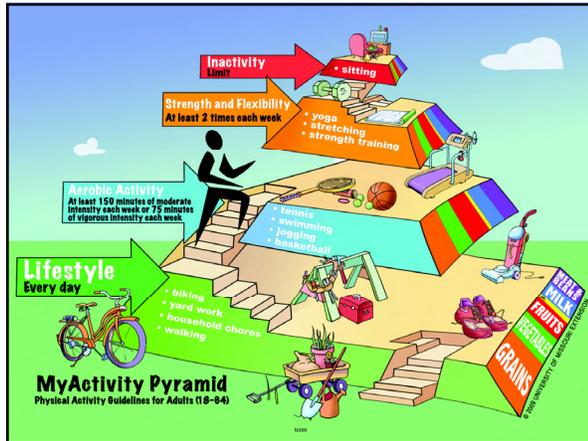
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**Equipment**

IMPROVE EX  
INSPIRE MORE  
ENERGIZE  
BREATHE  
IMPROVE  
INSPIRE MORE  
ENERGIZE  
BREATHE  
IMPROVE  
INSPIRE MORE  
ENERGIZE  
BREATHE  
IMPROVE

USAPHC

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**Warm-Up**

5-10 minutes of Dynamic Exercises

**Body Weight Exercises**

- March in place
- Knees to elbows
- Heel to butt
- Arm Circles
- Leg Swings

USAPHC

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### Cardiovascular Training

>150 minutes of Moderate or 75 minutes of Vigorous



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### Strength Training

2 or more days per week of Major Muscle Groups



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### Cool-Down

5-10 minutes after Exercise



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### Leverage Technology



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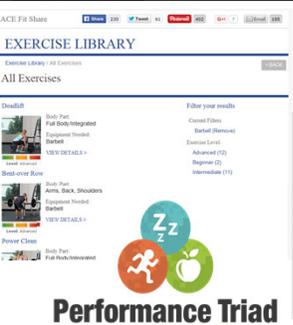
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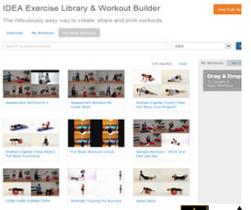
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### Leverage Technology



- Acefitness.org
- EXRX.net
- Ideafit.com/workouts
- Performance Triad



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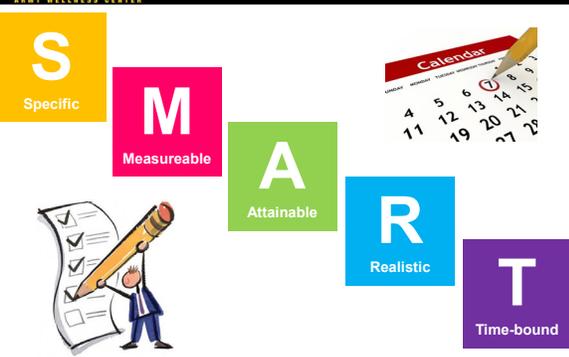
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### Goal Setting



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**AWC** **Goal Setting**  
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Ideas	SMART Goals
I want to begin a walking program.	I will walk 30 minutes, 3 days per week for 4 weeks.
I want to start strength training from home.	?

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**AWC** **What's Next?**  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walk 30 minutes		Walk 30 minutes	Body weight circuit		Walk 30 minutes
		Walk 30 minutes		Walk 30 minutes		Household goods circuit
	Walk 30 minutes		Walk 30 minutes	Body weight circuit		Walk 30 minutes

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**AWC** **What's Next?**  
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**Body Weight Circuit**

- Push ups
- Sit ups
- Lunges
- Squats
- Planks
- Bridges



**Household Goods Circuit**

- Laundry Detergent Curls
- Chair Step Ups
- Child Push Press
- Milk Jug Squats



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**Conclusion**

- Identified benefits and barriers to physical activity
- Discussed components of an exercise session
- Identified types of equipment and exercises that can be utilized for home workouts
- Developed an action plan for a home workout incorporating all aspects of fitness



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**Services**



*Sleep Education  
Weight Management  
Metabolic Testing  
Nutrition Education  
Wellness Coaching*

*Exercise Testing  
Exercise Prescription  
Body Composition Analysis  
Health Assessments  
Stress Management Education*



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**Staying Fit Home and Away Recommended Equipment List**

Item	Place	Cost	QTY	Website/Product Number
1-Gallon jug (bring from home)	Walmart	\$ 2.00	2	One for water, one for sand--someone might be able to bring from home
Sand	Walmart	\$ 2.45	2	Probably need at least 2, possibly 3: <a href="https://www.walmart.com/ip/Decor-Sand-28oz/35648537">https://www.walmart.com/ip/Decor-Sand-28oz/35648537</a>
Laundry detergent box (bring from home!)	Walmart	\$ 11.00	1	<a href="https://www.walmart.com/ip/Sun-Triple-Clean-Tropical-Breeze-Powder-Laundry-Detergent-and-All-Purpose-Cleaner-22.7-lbs/34482183">https://www.walmart.com/ip/Sun-Triple-Clean-Tropical-Breeze-Powder-Laundry-Detergent-and-All-Purpose-Cleaner-22.7-lbs/34482183</a>
Resistance band - x-light	Enasco	\$ 7.95	2	enasco.com PN: PE08512E
Resistance band - light	Enasco	\$ 4.89	2	enasco.com PN: PE08513E
Resistance band - medium	Enasco	\$ 9.30	2	enasco.com PN: PE08514E
Stability ball 21"	Enasco	\$ 34.25	1	enasco.com PN: PE08505E
Stability ball 24"	Enasco	\$ 39.25	1	enasco.com PN: PE08506E
Foam roller	Enasco	\$ 24.75	1	enasco.com PN: PE08055E
Handheld Foam Roller	Walmart	\$ 25.00	1	<a href="https://www.walmart.com/ip/Tiger-Tail-Rolling-Muscle-Massagers-11-Roadster/43337183">https://www.walmart.com/ip/Tiger-Tail-Rolling-Muscle-Massagers-11-Roadster/43337183</a>
Tennis ball	Enasco	\$ 4.50	1	enasco.com PN: PE00857E
Dumbbells (10 lb)	Enasco	\$ 16.20	2	enasco.com PN: PE07450E
Towel	Walmart	\$ 4.00	1	Someone might have an extra at home: <a href="https://www.walmart.com/ip/Mainstays-Essential-True-Colors-Bath-Towel-Collection/23565953">https://www.walmart.com/ip/Mainstays-Essential-True-Colors-Bath-Towel-Collection/23565953</a>
Yoga mat	Enasco	\$ 14.55	1	enasco.com PN: PE08919E



# Exercise Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## Warm-Up

<b>Body Weight</b>	High Knees, Butt Kicks, Jumping Jacks, Arm Circles, Leg Swings, Inch Worms, Walking/Jogging
<b>Household Items</b>	PVC Pipe, Tennis Ball, Broomstick
<b>Equipment</b>	Foam Roller, Yoga Mat, Stretching Strap, Resistance Band

## Cardiovascular

<b>Body Weight</b>	Walking, Running
<b>Household Items</b>	Gaming Console, Trampoline, Stairs, Basketball, Soccer Ball
<b>Equipment</b>	Jump Rope, Treadmill, Elliptical, Bicycle, Roller Blades

## Strength Training

<b>Body Weight</b>	Planks, Sit-Ups, Push-Ups, Squats, Lunges, Dips, Burpees, Mountain Climbers, Bridges, Wall Sits
<b>Household Items</b>	Laundry Detergent, Water Jug, Chair, Soup Cans, Produce, Children
<b>Equipment</b>	Resistance Bands, Medicine Balls, Kettle Bells, Pull-Up Bar, Dumbbells, Ab Roller

## Balance and Stability

<b>Body Weight</b>	Standing On One Foot, Leg Raises, Yoga Movements, Bird-Dog, Tai Chi
<b>Household Items</b>	Chair Cushion, Mattress, Blanket, Pillow, 2x4, Lines On Floor, Curb
<b>Equipment</b>	Stability Ball, Bosu Ball, Dyna-Disc, Balance Board, TRX Trainer

## Cool-Down

<b>Body Weight</b>	Static Stretching, Jogging, Walking
<b>Household Items</b>	Towel, Rope
<b>Equipment</b>	Yoga Mat, Foam Roller, Stretching Strap

Getting fit or staying fit doesn't have to be complicated or expensive! Body Weight exercises are a great way to achieve gains in strength, flexibility, endurance, and overall health—all at no cost to you!

## 20 Body Weight Exercises to Get You Started

- |                  |                       |
|------------------|-----------------------|
| 1. Pushups       | 11. Burpees           |
| 2. Squats        | 12. Tuck Jumps        |
| 3. Lunges        | 13. Mountain Climbers |
| 4. Planks        | 14. Butt Kickers      |
| 5. Crunches      | 15. High Knees        |
| 6. Hip Bridges   | 16. Bird Dogs         |
| 7. Leg Lifts     | 17. Crab Walks        |
| 8. Arm Circles   | 18. Bear Crawls       |
| 9. Jumping Jacks | 19. Tricep Dips       |
| 10. Calf Raises  | 20. IYT's             |

Most bodyweight exercises have modifications and variations reducing redundancy and making it easy to mix up your workout!

## Sample Body Weight Workout:

### 50/50 Circuit: Mix of Cardio and Strength

- | Set 1            | Set 2          |
|------------------|----------------|
| 50 Jumping Jacks | 50 High Knees  |
| 10 Pushups       | 15 Leg Lifts   |
| 20 Squats        | 20 Hip Bridges |
| 20 Crunches      | 15 Tricep Dips |

- Set 3**
- 50 Mountain Climbers
  - 15 Bird Dogs
  - 20 Lunges (10 each leg)
  - 15 Calf Raises

- ✓ Repeat each set 3x
- ✓ No rest between exercises
- ✓ Rest 1 minute between sets
- ✓ Duration: ~30 minutes

## Apps:



SworKit



Virtual Trainer  
Bodyweight



Nike+ Training  
Club



FitStar