





The Home Worker Home Workout

This short workout is designed to keep the home worker moving during the day.

The exercise section can be completed once, twice or even 3 times in a row depending upon time.

The stretching section is designed to counteract sitting for extended periods.

Use this, and other movement practices to keep mobile at this time.

Exercises	
<p>Jogging on the Spot (2 mins)</p> <p>Warm up by jogging on the spot. During the 2 minutes vary the movement, lifting the knees higher, speeding up and slowing down.</p>	
<p>Crab Sidesteps (1 min)</p> <p>Bend the knees into a gentle squat and step from side to side to continue warming up and bring lateral movement to the hips. Option: Add a resistance band around the ankles or thighs.</p>	
<p>Bodyweight Squats (90 Seconds)</p> <p>Squat down within your realm of comfortable movement. Keep the chest lifted and the weight more towards the heels than the toes. Options: Hold a weight in front of the chest to add resistance. Add 5-10 squat jumps at the end of the sequence.</p>	
<p>Bodyweight Lunges (90 Seconds)</p> <p>Step back into alternating lunges, coming down as far as is comfortable but not touching the need to the floor. Keep the front knee over the ankle. Options: Hold weights by the side/at the chest to add resistance. Add 5-10 lunge jumps at the end of the sequence.</p>	

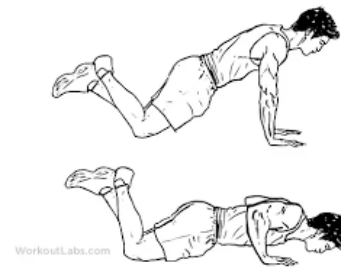
Press-up Variations (60 Seconds)

Perform a version of the press-up that is comfortable for you for 60 seconds.

Variations include:

- Leaning against the wall
- Knees Lowered
- Full Press up

In all versions keep your back flat and core stable.

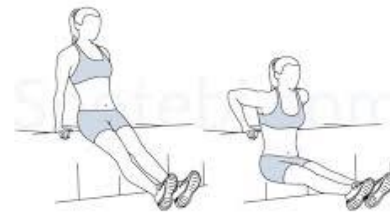


Tricep Dips (60 Seconds)

Rest the hands on a stable surface behind you, such as a step, or a chair up against the wall.

Bend the elbows to lower and push up to the starting position.

(Rest as needed in the 60 seconds.)



Stretching

Seated Forward Fold (Hold 30 secs)

Sit feeling your sit bones and tilt the pelvis forward.
Either rest the hands behind you, or reach them forward to rest on the legs or even the feet.
Look to feel the stretch along the back of the legs.
Option: Use a strap/belt around the feet to make the stretch easier to achieve.



Low Lunge (30 secs each side)

Adopt a comfortable low lunge position. Add padding under the back knee if needed, and ensure the front knee is over the front ankle.
Tilt the pelvis up until you feel the stretch in the front of the thigh and hold - lifting up the chest.



Seated Twist (30 secs each side)

Stretch the outside of the hips with this twisted pose.
Either keep one leg extended and step the other over it, or fold the 1st leg in as in the diagram. Hug in the crossed leg with the opposite arm.
Keeping the spine straight, reach the opposite hand behind for support and gently turn the chest to look behind.
You are looking to feel a stretch in the bum, and down the outside of the crossed leg.



Cobblers Stretch (Hold 30 secs)

Bring the soles of your feet together and draw them in toward you without pulling.
Take a moment to fill the sit bones and then tilt the pelvis forward. Either rest the hands behind you and press forward, or fold forward depending what was more comfortable.
Feel the stretch in the inside of the legs.

