

# SCHOOL DISTRICT OF BELOIT BLOG

**Ashley Hoverson**

Director of Gymnastics and Healthy Living  
Stateline Family YMCA

December 2020 – **Quarantine Workout that Works - Stay Moving!**

**This has been a year of frequent changes!**

Even when the gyms re-opened this summer – your routine has completely changed. You might be out of the habit of going to the gym or have lost motivation. If that sounds like you, ask yourself: why did you workout in the first place? What made you keep going back to the gym each week? Was it your workout partner texting you? Or, your group exercise instructor who will ask, “where were you in class?” Or the feeling of being stronger? Or was it that sense of accomplishment after a great workout? Maybe a combination of it all.

Reflect on why you started working out in the first place and set a small goal to get back to a regular workout routine. Maybe that small step is taking a 10-minute walk in the neighborhood twice a week – anything to get your body moving again and in the right direction.

Perhaps you’re back at your gym, but somewhere along the line, you’ll have to be quarantined due to an exposure or sickness. And if you’re in a regular routine, two weeks can feel like a long time without the gym. Here’s a total body workout that you can do at home to hit all major muscle groups and get your heart rate up!

## **30 Minute Total Body Workout with No Equipment**

Put some fun upbeat music on and open the timer app on your phone to help you keep track for timing these exercises in the blocks – or watching a clock works, too.

### **Let’s Start with a Warm Up**

Arm circles forward & back

Light jog for 30 seconds

20 body weight squats

5 Inchworms (walk your hands out into a high plank, then walk your feet all the way into your hands trying to keep your legs as straight as possible)

10 side lunges on each leg

10 wide push-ups

20 mountain climbers

Stretch arms, legs & back

### **Block 1: Cardio & Upper Body – 30 seconds each.**

After you complete one time through, rest for 30 seconds & repeat!

Run in place

Long jump forward & run back

Football runs

Push-ups

### **Block 2: Cardio & Lower Body**

High knees

Squat pulses

Lunge jumps (or step back lunges)

Booty kicks

### **Block 3: Cardio & Core**

High jumps (or squat to calf raise)

Mountain climbers

High plank shoulder taps (can modify to knees)

Side plank dips (on second time through, switch sides)

### **Block 4: Lower Body Strength**

Squats

Lunge pulses – right leg

Squat jumps – in & out (wide squat to narrow squat – can walk in & out instead of jumping)

Lunge pulses – left leg

### **Block 5: Upper Body Strength**

Tricep push-ups

Tricep dips (use a chair, bench or step)

Walking push-ups

Up-down plank (high plank to low plank)

### **Block 6: Core Strength**

Flutter kicks

Toe touches (laying on your back, feet in the air, reaching up to your toes, lifting your shoulders off the ground)

Plank toe taps (hold a low plank, tap feet to the right & to the left)

Superman lifts (lay on stomach lifting your upper body & legs off the ground & lower them back to the ground)



**Time to STRETCH!**

Congrats, you did it! If you're looking for a little more variety, check out some videos on YouTube! Feel free to check out the YMCA's YouTube Channel ([Stateline Family YMCA](#)) for a few classes to try at home.