Just Move

30 Minute Home Workout

Sponsored by: REACH/Gannett, CU Fitness Centers, Community Centers
**Exercise 1:**

**Squats**

**Key Points:**
- Keep your back straight and slightly arched.
- Do not allow your knees to move too far forward.
- Never bounce or jerk. Control movements.
- Squats are an advanced exercise and proper form is essential. Seek professional advice for instruction on proper technique.

**Instructions:**
1. Stand upright, feet wider than hip-width apart, arms relaxed to your sides.
2. Squat down keeping your shins perpendicular to the floor until your thighs are parallel to the floor.
3. Look forward and keep your back straight.
4. You can extend your arms in front of you while you squat for balance.
5. Slowly stand up to the starting position.

**Calf Stretch**

**Key Points:**
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain. Avoid locking joints when stretching.

**Instructions:**
1. Stand upright facing a wall arms straight in front of you parallel to the floor, hands against the wall.
2. Move your left leg backward 1-2 feet with your toe on the floor.
3. Bend knee of right leg while stretching your calf and moving your left heel toward the floor.
4. Stretch to flatten your foot on the floor.
5. Hold this stretch for 20 seconds.
6. Repeat with other leg.

**Lying Quadriceps Stretch**

**Key Points:**
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.

**Instructions:**
1. Lie face down on the floor.
2. Lift your right shin up towards your buttocks, bending your knee.
3. Reach back and grab the top of your right foot. Slowly pull downwards, stretching the front of your thigh.
4. Hold this position for 30 seconds.
5. Repeat with the left leg.

**Standing Quadriceps Stretch**

**Key Points:**
- When finished, do not let your leg drop suddenly.
- Do not bounce or jerk into the stretch. Make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain. Avoid locking joints when stretching.

**Instructions:**
1. Stand a few inches away from a wall you can lean on.
2. Place your feet hip-width apart and your left hand against the wall for balance.
3. Raise your right foot behind your body until you can grasp it with your right hand.
4. Keeping your knee pointing down, gently pull your heel in toward your buttocks until you feel a stretch in your quadriceps.
5. Hold this stretch for 30 seconds.
6. Repeat with the other leg.
**Exercise 2:**

**Push-Up, Full**

*Key Points:*
Do not allow your back to bend or arch. Keep your body as straight as possible.
If you are unable to do this exercise with proper technique try the bent-knee version.

*Instructions:*
1. Lie on the floor face down with hands at chest level, slightly wider than shoulder-width apart and toes on the floor.
2. Push yourself up extending your arms while keeping your back straight, pivoting on your toes.
3. Hold momentarily.
4. Slowly lower yourself until your nose is close to the floor, elbows point out.

**Biceps Stretch**

*Key Points:*
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

*Instructions:*
1. Stand with your feet wider than hip-width facing a wall.
2. Clench your right hand and extend your arm parallel to the floor in front of you.
3. Touch the wall with your knuckles, palm down.
4. Slowly turn away from the wall until you feel a comfortable stretch in your biceps.
5. Hold this position for 20 seconds.
6. Repeat with the other arm.

**Upper Shoulder Stretch**

*Key Points:*
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

*Instructions:*
1. Sit or stand upright and place your right palm behind your neck, elbow pointing upward.
2. With your left hand, grab your right elbow and pull until a comfortable stretch is felt in your shoulder.
3. Hold for 15 seconds.
4. Repeat with other arm.
Exercise B:

Lunges

Key Points:
Keep your front foot forward enough so that your front knee does not move further forward than your front foot. Lunges are an advanced exercise and proper form is essential. Seek professional advice for instruction on proper technique.

Instructions:
1. Stand with your left foot forward 12 inches, and your right foot back about 12 inches.
2. Keep your arms fully extended at your sides, palms in.
3. With your upper body remaining straight, slowly lower yourself until your left thigh is parallel to the floor. The heel of your right foot will raise, but your foot should not move.
4. Slowly raise yourself to the starting position.
5. Repeat with the other leg.

Calf Stretch

Key Points:
Do not bounce or jerk into the stretch; make slow steady movements. A mild pulling sensation is normal. Stop if there is any pain. Avoid locking joints when stretching.

Instructions:
1. Stand upright facing a wall arms straight in front of you parallel to the floor, hands against the wall.
2. Move your left leg backward 1-2 feet with your toe on the floor.
3. Bend knee of right leg while stretching your calf and moving your left heel toward the floor.
4. Stretch to flatten your foot on the floor.
5. Hold this stretch for 20 seconds.
6. Repeat with other leg.

Groin Stretch

Key Points:
Do not bounce or jerk into the stretch; make slow steady movements. A mild pulling sensation is normal. Stop if there is any pain. Avoid locking joints when stretching.

Instructions:
1. Sit upright on the floor with the bottoms of your feet together and knees pointed outward.
2. With your hands over your feet, gently pull your heels toward your groin.
3. Slowly press the inside of your knees toward the floor with your elbows.
4. When your groin is stretched, hold for 30 seconds.
Exercise 4:

Crunches 3

Key Points:
Do not jerk yourself up--slowly bring yourself up using only your abdominals.
Do not let your lower back rise off the floor. As you feel your abdominals become tight hold for a brief second.
Do not move too quickly. Lower yourself down in a slow, controlled manner.

Instructions:
1. Lie on your back on the floor with your knees bent and your feet together on the floor.
2. Place your hands cupped behind your ears.
3. Curl your upper torso up toward your knees until your shoulder blades are off the ground.
4. Do not lift your lower back.
5. As you come to the highest point hold momentarily.
6. Slowly lower yourself to the starting position.

CHEST AND ABDOMEN - 2
Abdominals

Push upper torso back with arms until stretch is felt, and hold.
Place head as far back as it will go.
**Exercise 5:**

**Pelvic Lifts**

**Key Points:**
Do not arch your back. Raise only until your back is straight. Return to the starting position in a slow, controlled manner.

**Instructions:**
1. Lie on the floor on your back, knees bent and feet slightly apart.
2. Extend your arms over your head, palms upward.
3. Slowly lift your pelvis up toward the ceiling. Raise yourself until your back is straight and squeeze your buttocks together.
4. Slowly lower yourself to the starting position.

**Spinal Twist Stretch**

**Key Points:**
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.
Keep your body straight.

**Instructions:**
1. Sit upright on the floor with your legs extended in front of you.
2. Place your right leg over your left leg, with your right foot on the floor outside the left knee.
3. Place your left elbow on the outside of your right knee, and extend your right arm behind you with your palm on the floor for support.
4. Slowly twist your upper body to the right while looking over your right shoulder using light pressure from your left elbow.
5. When you feel a stretch in your hips and lower back, hold for 30 seconds.
6. Repeat with the other side.

**Seated Hamstring Stretch**

**Key Points:**
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

**Instructions:**
1. Sit upright on the floor with legs straight and spread apart slightly.
2. Extend your arms in front of you and slowly lean forward reaching as far as possible.
3. When you feel a stretch in the backs of your legs, hold for 30 seconds.
Exercise 6:

Bent Over Rows - bands

Key Points:
1. Do not let your back arch or move up and down.
2. Keep back straight and parallel to floor.
3. Raise your hands up and down in a slow, controlled manner.

Instructions:
1. Stand on the middle of the flexible band with feet hip-width apart.
2. Grasp each end of the flexible band with each hand.
3. Bend over at the waist with your back straight and parallel to the floor.
4. Your legs should be bent, neck straight and face down.
5. Keep your back straight, pull the flexible band in towards your sides.
6. Your elbows should be pointing up towards the ceiling.
7. Slowly return to the starting position.

Upper Shoulder Stretch

Key Points:
1. Do not bounce or jerk into the stretch; make slow steady movements.
2. A mild pulling sensation is normal. Stop if there is any pain.
3. Avoid locking joints when stretching.

Instructions:
1. Sit or stand upright and place your right palm behind your neck, elbow pointing upward.
2. With your left hand, grab your right elbow and pull until a comfortable stretch is felt in your shoulder.
3. Hold for 15 seconds.
4. Repeat with other arm.
Exercise 7:

Spine Hyperextension

Key Points:
- Do not jerk to the up position.
- Lower yourself in a slow, controlled manner.

Instructions:
1. Lie face down on the floor, arms straight by your sides.
2. Slowly raise your legs and upper body as far as possible—do not jerk up.
3. Hold this position for a second.
4. Slowly return to the starting position.
Exercise 8:

**Lateral Raise - bands**

**Key Points:**
Use lighter resistance for this exercise to maintain proper form.
Do not swing your arms, move in a slow, controlled manner.

**Instructions:**
1. Stand with feet hip-width apart.
2. Put one end of the flexible band under each foot and hold the other end in the corresponding hand.
3. Keep shoulders back, chest out, and back straight.
4. With your palms in and your elbows slightly bent, raise your arms out and up, away from your side, until your hands are above shoulder level, palms down.
5. Slowly return to the starting position.

**Upper Shoulder Stretch**

**Key Points:**
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

**Instructions:**
1. Sit or stand upright and place your right palm behind your neck, elbow pointing upward.
2. With your left hand, grab your right elbow and pull until a comfortable stretch is felt in your shoulder.
3. Hold for 15 seconds.
4. Repeat with other arm.
Exercise 9:

**Bicep Curl - bands**

**Key Points:**
1. Do not move your body in an attempt to complete the curl.
2. Do not let your elbows leave your sides.
3. Let your hands down in a slow, controlled manner.
4. Keep your wrists straight and elbows at your side at all times.

**Instructions:**
1. Stand upright feet shoulder-width apart.
2. Each foot should be on the end of a flexible band.
3. Grasp the ends of the flexible band with each hand and let your arms extend down by your sides.
4. Stand with your back and knees straight.
5. Keeping your elbows close to your body, curl your arms up to chest level.
6. Hold momentarily.
7. Slowly lower your arms to the starting position.

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**Biceps Stretch**

**Key Points:**
1. Do not bounce or jerk into the stretch; make slow steady movements.
2. A mild pulling sensation is normal. Stop if there is any pain.
3. Avoid locking joints when stretching.

**Instructions:**
1. Stand with your feet wider than hip-width facing a wall.
2. Clench your right hand and extend your arm parallel to the floor in front of you.
3. Touch the wall with your knuckles, palm down.
4. Slowly turn away from the wall until you feel a comfortable stretch in your biceps.
5. Hold this position for 20 seconds.
6. Repeat with the other arm.
Exercise 10:

Oblique Crunches 1

**Key Points:**
Do not jerk yourself up -- slowly bring yourself up using only your abdominals.
Do not let your lower back raise off the floor. As you feel your abdominals become tight hold for a brief second.
Do not move too quickly. Lower yourself down in a slow, controlled manner.

**Instructions:**
1. Lie on your back on the floor with your knees bent and your feet flat on the floor.
2. Place your hands together arms extended in front of you.
3. Curl your upper torso up toward your knees and extend your arms toward your left knee, until your shoulder blades are off the ground.
4. Do not lift your lower back.
5. When you come to the highest point, hold momentarily.
6. Slowly lower yourself to the starting position.
7. Repeat with arms to the other side.

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CHEST AND ABDOMEN - 2

**Abdominals**

Push upper torso back with arms until stretch is felt, and hold.
Place head as far back as it will go.
**Exercise 11:**

**Overhead Triceps Extension - bands**

Key Points:
- Use slow controlled motions, up and down.
- Concentrate on only using your triceps.
- Keep your elbows in a fixed position.
- Use the full range of movement.

**Instructions:**
1. Stand with shoulders back and chest out and feet hip-width apart.
2. Grab one end of the flexible band with your left hand behind your head. The band should be hanging between your shoulder blades.
3. Grab the band’s other end behind your back with your right hand & slowly pull the band down.
4. Raise your left hand upwards extending your arm until it is straight. Do not move your elbow.
5. Hold this position momentarily.
6. Slowly lower your hand to the starting position.
7. Repeat with the other arm.

**Upper Shoulder Stretch**

Key Points:
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.
- Avoid locking joints when stretching.

**Instructions:**
1. Sit or stand upright and place your right palm behind your neck, elbow pointing upward.
2. With your left hand, grab your right elbow and pull until a comfortable stretch is felt in your shoulder.
3. Hold for 15 seconds.
4. Repeat with other arm.