

12 Weeks to Weight Loss Success This Week's Tip:

Working Out Without a Gym Membership

You CAN get a great workout at home without investing in a bunch of expensive equipment. This week, we have a great beginner's workout for you that you can do at home using your own body weight and a small set of hand weights. 3-5 pound hand weights can be had for under \$20!

This workout is called a "circuit" workout – you will complete one set of exercises right after the other without stopping, which helps you to build muscle and get a great cardiovascular workout - all in the comfort of your own home.

Before you start this or any other workout, it's a good idea to get cleared by your doctor to make sure you aren't doing more harm to yourself than good!

Before you start, make sure you do a 5-minute warmup. This will get your heart rate up and your muscles warm which will help prevent injury. Jogging on the spot, going up and down stairs or doing a few push ups are all good ways to get ready for your workout.

Beginner's Circuit Workout

- 20 squats
- 10 push ups (modify if necessary)
- 20 lunges
- 10 dumbbell rows
- 15 second plank
- 30 jumping jacks

Complete the exercises one after another, without stopping. Once you have completed one complete set of these exercises, take a 2-3 minute rest and then repeat. Initially, you may only be able to complete one rotation and that's ok. Do what you are able to, as you get used to the routine, you will be able to complete up to three rotations. Just do as much as you can – if you can't do the number of repetitions per exercise, again – modify. Do what you can and on the next workout, try to add one more rep. Do this workout every other day for best results – on your "off" days, pick another cardio activity to do, such as walking, jogging, biking, dancing, swimming or hiking.

Don't forget to stretch when you are finished! Feel free to contact your wellness consultant for great exercise program ideas!



Squat:

Stand with arms extended forward.

Squat down by bending knees forward while allowing hips to bend back behind, keeping back straight and knees pointed in same direction as feet. Descend until thighs are just past parallel to floor.

Squat up by extending knees and hips until legs are straight.

Return and repeat.



Push-Ups:

Lie prone on the floor with hands slightly wider than shoulder width. Reduce resistance by bending knees and working from knees rather than toes.

Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.

Lunges:

Stand up straight with hands on hips.



Lunge forward with the first leg. Land on heel then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with the floor.

Return to original standing position by forcibly extending hip and knee of forward leg.

Repeat by alternating lunge with opposite leg.

Jumping Jacks:

Stand with feet together, knees slightly bent, and arms to sides.



Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead.

Jump again while lowering arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.

Other great home workouts:

Did you know that all you need for some great home workouts is a computer and an internet connection? YouTube has some amazing fitness professionals that create workouts and upload instructional videos for everyone to use. If you are looking to add some variety to your workouts, here are some great links to get you started:

BeFiT

This channel from Lionsgate offers new workouts every single weekday. Fitness trainers include Jillian Michaels, Denise Austin & Jane Fonda, among others. There are 30 day programs to focus on certain areas, fun dance sessions, fat burning cardio, strength building and pilates.

<http://www.youtube.com/user/BeFit>

Blogilates:

Cassey Ho offers a lively and light-hearted pop culture approach to yoga and fitness instruction, ideal for a younger (or young at heart) audience. She will definitely put you through your paces! She also has some great clean eating tips and recipes!

<http://www.youtube.com/user/blogilates>



Plank:

Lie prone on floor (you may need a mat or towel under your elbows). Place forearms on floor, elbows under shoulders. Place legs together with forefeet on floor.

Raise body upward by straightening body in straight line. Hold position.

(You may not be able to hold for 15 seconds if you are a beginner – hold as long as you can and add 1-2 seconds each time you do this exercise.)



Dumbbell Rows:

Note: two chairs pushed together can be used in place of a bench.

Kneel over side of bench by placing knee and hand of supporting arm on bench. Position foot of opposite leg slightly back to side. Grasp dumbbell from floor.

Pull dumbbell up to side until it makes contact with ribs or upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched downward.

Repeat and continue with opposite arm.