

NO EQUIPMENT HOME WORKOUTS: AEROBIC WORKOUTS

Engaging in aerobic exercise inside and without equipment can be challenging for those that have not exercised in this way before. If you have access to a treadmill, stationary bike, or other piece of aerobic equipment, you can of course use that mode of aerobic conditioning. For those without such equipment, this guide can serve as a means for exercisers at any stage to maintain and improve their aerobic fitness.

Herein are weekly workouts for those that wish to train 2, 4, or 6 times each week. Each of these programs includes ways to make the exercises harder or easier depending on your fitness levels.

In addition to this aerobic exercise program, strength training is necessary for maintaining good health as well as helping stay fit and de-stress while we're all at home. See the following pages and select the workout that is most appropriate for you. Above all, listen to your body and use your best judgement when approaching an exercise program on your own.

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2X/WEEK: BEGINNER

2x/week; spaced evenly throughout week (e.g. M/Th, T/F, W/Sa). Perform strength exercise 2-3x/wk on off days.

- This workout is built around multiple sets of paired exercises. Alternate sets of exercises A/B and rest in between pairs.

- The length of the workout varies by how many sets you choose. Start low and work your way up.

Click on the exercise for a video. Rest time is after each pair of exercises.

| # | EXERCISE | MUSCLES WORKED | SETS | TIME | REST | NOTES |
|-----------|--|---------------------------|------|----------|-------------------------------------|--|
| 1 | Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| A2 | Walking Jacks | Whole Body | 2-4 | 30 sec | Rest 1-2 min after | Stay light on toes. |
| B2 | High Steps | Whole Body | 2-4 | 30 sec | | Keep chest up. Skip video instruction on "high jog." |
| A3 | Grapevine | Whole Body | 2-4 | 30 sec | Rest 1-2 min after | Stay light on toes. |
| B3 | Backward Lunge | Quads, Glutes, Hamstrings | 2-4 | 30 sec | | Back straight. Alternate each rep. |
| A4 | Heel Touches | Whole Body | 2-4 | 30 sec | Walk in place 5 min to cool down | Keep chest up. Perform slowly. |
| B4 | Bodyweight Squats | Quads, Glutes, Hamstrings | 2-4 | 30 sec | | Sit back, heels down, knees open, squat low. |

2X/WEEK: INTERMEDIATE

2x/week; spaced evenly throughout week (e.g. M/Th, T/F, W/Sa). Perform strength exercise 2-3x/wk on off days.

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| A2 | Jumping Jacks | Whole Body | 3-4 | 45 sec | Rest 60-90 sec after | Stay light on toes. |
| B2 | High Knee | Whole Body | 3-4 | 45 sec | | Keep chest up. |
| A3 | Skater Hops | Whole Body | 3-4 | 45 sec | | Keep weight back. Maintain knee alignment. |
| B3 | Backward Lunge | Quads, Glutes, Hamstrings | 3-4 | 45 sec | Rest 60-90 sec after | Back straight. Alternate each rep. |
| A4 | "Jump Rope" | Whole Body | 3-4 | 45 sec | Walk in place 5 min to cool down | As jump rope but no rope. |
| B4 | Bodyweight Squats | Quads, Glutes, Hamstrings | 3-4 | 45 sec | | Sit back, heels down, knees open, squat low. |

2X/WEEK: ADVANCED

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| B2 | High Knee | Whole Body | 3-6 | 45 sec | | Keep chest up. Go fast. |
| A3 | Burpee | Whole Body | 3-6 | 45 sec | Rest 45-60 sec after | Jump as high as possible. |
| B3 | "Jump Rope" | Whole Body | 3-4 | 45 sec | | As jump rope but no rope. |
| A4 | Dand Push-ups | Triceps, Shoulder, Chest | 3-6 | 45 sec | Walk in place 5 min to cool down | Swoop chest over ground. |
| B4 | Baithak Squats | Quads, Glutes, Hamstrings | 3-6 | 45 sec | | Build good cadence. |

4X/WEEK: BEGINNER

4x/week; spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa). Perform strength exercise 2-3x/wk on off days.

- This workout is built around multiple sets of paired exercises. Alternate sets of exercises A/B and rest in between pairs.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2). Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).

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| A4 | Heel Touches | Whole Body | 2-4 | 30 sec | Walk in place 5 min to cool down | Keep chest up. Perform slowly. |
| B4 | Bodyweight Squats | Quads, Glutes, Hamstrings | 2-4 | 30 sec | | Sit back, heels down, knees open, squat low. |

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| B3 | Backward Lunge | Quads, Glutes, Hamstrings | 3-4 | 45 sec | Rest 60-90 sec after | Back straight. Alternate each rep. |
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6X/WEEK: BEGINNER

6x/weeks. Perform strength exercise 2-3x/wk. You must take a rest day.

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- Every 5th workout, take an additional day off.

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