Home Exercise Guidelines

Developed in a collaboration of KP SSC Lifestyle Medicine and Rehabilitation Services

There are many opportunities to exercise from your home even if you don’t have equipment:

Take a walk

To increase the challenge: choose one of the below

1) Increase the time
2) Increase the distance
3) Increase your speed
4) Intervals, which is a combination of fast and slow walking

Dance to your favorite music

Online or application-based Exercise programs

There are many options available both free and fee-based

Circuit training of exercises using body weight or light weights

First step: Select 4 to 6 exercises from the attached packet of exercises
Second step: For each exercise selected work up 15 repetitions

Third step: Repeat each of the exercises slowly working up to 3 rounds for each exercise

Forth step: Every other day to every week:

1) Add in a new exercise to reach the 6 exercises
OR
2) Choose new exercises. You can choose all new exercises or 1 or more new exercises.
OR
3) Increase the weight of the dumbbell (canned food), resistance of the band, or the medicine ball (or weighted bag) of 1 to 2 of the exercises each exercise session.

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**Bicep Curl**

**Setup**
Begin in a standing upright position, holding a dumbbell or canned food in each hand, with your palms facing forward.

**Movement**
Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

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**Overhead Press**

**Setup**
Begin in a standing upright position holding a dumbbell or canned food in each hand, with your arms bent at 90 degree angles at your sides and your palms facing forward.
** Movement  
Press your hands straight up overhead. Then slowly lower them back down and repeat. 

** Dumbbell Scaption  

** Setup  
Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells or canned food.  

** Movement  
Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

** Shoulder External Rotation with loop/band  

** Setup  
Begin in an upright standing position with your arms by your sides, holding a resistance band in both hands. Bend your elbows to approximately 90 degrees with your palms up.  

** Movement  
Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

** Band Row  

** Setup  
Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you, with your palms facing up.  

** Movement  


Pull your arms back against the resistance band, bending at your elbows, then return to the starting position and repeat.

Band Lat Pull-downs

Setup
Begin in a standing upright position holding both ends of a resistance band that is anchored high above you, with your arms straight.

Movement
Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

Trunk Rotation with Resistance Band

Setup
Begin in a standing upright position with your hands clasped together, arms straight, holding the end of a resistance band that is anchored at your side.

Movement
Rotate your trunk to the opposite side, then slowly return and repeat.

Kettlebell Squat
Setup
Begin in a standing upright position with your feet slightly wider than hip width apart, holding a kettlebell or water jug with both hands.

Movement
Bend at your knees and hips, lowering your body toward the ground to perform a squat, then return to your starting position and repeat.

Weighted Deadlift

Setup
Begin bending forward with your back straight and feet hip width apart, holding a barbell or dowel that is resting on the ground with your hands placed slightly wider than your feet.

Movement
Keeping your back straight, stand up, engaging your back, buttock, and thigh muscles. Slowly reverse the movement and repeat.

Kettle Bell or Water Jug Carries

Movement:
Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Weighted Bar Bicep Curl
**Setup**
Begin in a standing upright position holding a dowel or weighted bar in both hands with your palms facing up.

**Movement**
Bend your elbows, bringing your hands to your shoulders. Slowly lower them back down and repeat.

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**Overhead Press with Weighted Bar**

**Setup**
Begin in a standing upright position holding a dowel or weighted bar with both hands at shoulder level and your palms facing forward.

**Movement**
Press your hands straight up overhead. Then slowly lower them back down and repeat.
### Push Ups

**Level 1: On wall**
Begin standing with your hands resting on a wall in front of you at shoulder height. Bend your elbows, leaning your body towards the wall, then push yourself back into the starting position and continue, pulling your shoulder blades apart, and repeat. Make sure to bend only at the elbows and keep the rest of your body straight during the exercise.

**Level 2: On knees on mat**
Begin on all fours on a comfortable surface. Move your body forward into a push-up position, keeping your knees on the ground. Slowly lower your body to the ground then push yourself back up.

**Level 3: On toes on mat**
Begin on all fours with your hands underneath your shoulders. Raise your body into a plank position, slowly lower your chest toward the floor then push back up, then continue by lifting your upper back toward the ceiling. Repeat this movement.

### Planks

**Level 1: On Knees**
Begin lying on your front, propped up on your elbows. Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

**Level 2: On Toes**
Begin lying on your front, propped up on your elbows. Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

### Bridges

**Level 1: Double Leg**
Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground. Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

**Level 2: Single Leg**
Begin lying on your back with your knees bent and feet hip width apart. Squeeze your stomach and buttock muscles and lift your bottom up into a bridge position. Keeping your bridge position, straighten your knee until it is fully extended. Return your foot to the starting position and repeat with the opposite leg.
### Prone T’s on Ball

| Level 1: On Knees | Begin lying with your chest resting on a swiss ball or laying on your bed. Raise both arms straight out to your sides with your elbows straight and thumbs pointing up, then lower them back down and repeat. |
| Level 2: On toes | Begin lying on your front with your chest resting on a swiss ball or laying on your bed and your legs straight. Raise both arms out to your sides with your elbows straight and thumbs pointing up, then lower them back down and repeat. |

### Balance

| Level 1: Tandem Stance | Begin in a standing upright position holding on to a stable object for support. Place one foot directly in front of the other so you are standing heel-to-toe. Hold this position. |
| Level 2: Single leg | Begin in a standing upright position with your feet together and arms resting at your sides. Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position. |

### Deadbugs

| Level 1: Alternating arms OR legs | Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground. Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg. |
| Level 2: Alternating arms AND legs | Begin lying on your back with your legs bent. Lift your legs and arms off the ground, keeping your knees bent. Lower one arm to the ground and lower your opposite leg at the same time. Repeat with your opposite arm and leg, then continue this movement. |
### Mountain Climbers

**Level 1: On wall**
- Begin leaning forward with your hands resting on a wall. Quickly alternate lifting your legs, bringing your knees toward your chest.

**Level 2: On mat**
- Begin on all fours. Raise yourself into a push up position. Bring one knee toward your chest, then return it back to the start and repeat with your other leg. Continue this motion.

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### Superman

**Level 1: Superman**
- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground. Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

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### Step Up

**Level 1 & 2:**
- Begin standing with a small step or platform in front of you. Movement.
  - Step up onto the platform with one foot then follow with your other foot.
  - Return back down to the starting position and repeat.

**Level 2:**
- Slowly step up, raising your back leg to a 90-degree angle. Then lower your foot to the ground and repeat.
### Quadruped Leg Extension

<table>
<thead>
<tr>
<th>Level 1: On wall</th>
<th>Begin in a standing upright position with your hands resting in front of you on a wall. Lift one leg straight backward, hold briefly, then return to the starting position and repeat.</th>
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</thead>
<tbody>
<tr>
<td>Level 2: On mat</td>
<td>Begin on all fours with your arms under your shoulders and knees under your hips. Extend your leg straight back so that it is parallel with the ground and your toes are pointing toward the floor. Hold briefly, then return to the starting position and repeat with the opposite leg.</td>
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### Lateral Monster Walks

**Setup**
Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

**Movement**
Slowly step sideways, maintaining tension in the band.

### Hip Flexion with Mini Loop

**Setup**
Begin in a standing upright position with a resistance band looped around your feet.

**Movement**
Bend your arms at 90 degree angles, then lift one leg to a 90 degree angle, moving your opposite arm forward in a march position. Return to the starting position and repeat. Use hand support on wall as needed.
**Squats with band**

Setup
Stand with your feet slightly wider than shoulder-width apart and a resistance band or loop secured around your lower thigh just above the knee.

Movement
Bend at your knees and hips, lowering your body toward the ground to perform a squat, then return to your starting position.

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**Counter Squat**

Setup
Begin in a standing upright position, holding onto the counter.

Movement
Slowly bend your knees and lower your body into a squat position. Press into your feet to return to the starting position and repeat.

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**Counter Lunge**

Setup
Begin in a standing upright position, holding onto a countertop with 1 hand for balance.

Movement
Take a large step back with one foot and bend your knees to lower your body into a lunge position. Press into your feet and pull on the straps to return to the starting position and repeat with the opposite leg.
Lateral Lunge with Counter

Setup
Begin in a standing upright position with your hands on the counter for support.

Movement
Take a large step to one side, then bend your knee and lower your body into a side lunge position. Push back to the starting position. Repeat to the opposite side.

Standing Row

Setup
Begin in a standing upright position, holding each hand with an overhand grip at shoulder height.

Movement
Slowly bend your elbows back toward your sides, gently squeezing your shoulder blades together.

Push up counter

Setup
Begin in a plank position with your hands on a counter

Movement
Slowly lower your body toward the counter, bending your elbows, then push your body back to the starting position and repeat.
**Standing Hip Hinge with Dowel**

**Setup**
Begin in a standing upright position, holding a dowel rod against your back. It should be in contact with your head, mid-back, and tailbone.

**Movement**
Lean forward, bending at your hips and keeping your back straight. Return to the starting position and repeat.

**Shoulder Extension with Dowel**

**Setup**
Begin standing upright holding a dowel rod behind your back with your palms facing forward and your hands slightly wider than shoulder width apart.

**Movement**
Lift your arms backward as far as is comfortable while maintaining an upright posture.

**Upright row with barbell or dowel**

**Setup**
Begin in a standing upright position holding a barbell or dowel with your palms facing backward.

**Movement**
Bend your elbows bringing your hands up to your shoulders, hold briefly, then slowly return to the starting position and repeat.
**Sit to stand with weighted bag**

Setup

Begin sitting upright with your feet flat on the ground underneath your knees, holding a weighted bag in one hand.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

**Downward Dog**

Setup

Begin on all fours.

Movement

Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.

**Medicine Ball or Weighted Bag Knee Taps**

Setup

Begin standing with medicine ball or weighted bag above your head.

Movement

Lift one knee up and tap your knee with the ball or weighted bag. Return to starting position and then repeat on other side. Repeat.
Bicep Curl with Medicine Ball or weighted bag

Setup
Begin in a standing upright position holding medicine ball or weighted bag in both hands

Movement
Bend your elbows to pull the ball up towards your chest, then lower slowly to the starting position. Repeat

Trunk Rotation

Setup:
Begin in a standing upright position, holding a weighted medicine ball or weighted bag in both hands up to one side of your body.

Movement:
Slowly pull the ball down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat.

Press Up with ball or weighted bag

Begin in a standing upright position, with your feet slightly wider than shoulder width apart, holding a medicine ball or weighted bag with both hands. Squat, bending at your knees and hips, and press the ball or weighted bag overhead.
Standing Ball or Box Taps

**Setup**
Begin in a standing upright position with a ball or box in front of you on the ground.

**Movement**
Lift one arm forward as you tap the ball or box with your opposite foot. Then return the starting position and repeat with your opposite foot and arm.

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Medicine Ball or Weighted Bag Chest Press

**Setup**
Begin in a standing upright position with a medicine ball or weighted bag at chest height and elbows bent.

**Movement**
Push the ball or weighted bag out in front of you by straightening your arms. Return to the starting position and repeat.
Cardiovascular Endurance

<table>
<thead>
<tr>
<th>Bikes</th>
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<tbody>
<tr>
<td><strong>Upright</strong></td>
<td><img src="image1" alt="Upright Bike" /></td>
</tr>
<tr>
<td><strong>Recumbent</strong></td>
<td><img src="image2" alt="Recumbent Bike" /></td>
</tr>
</tbody>
</table>

| **Elliptical** | ![Elliptical](image3) |
| **Treadmill**  | ![Treadmill](image4) |