



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.

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.

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



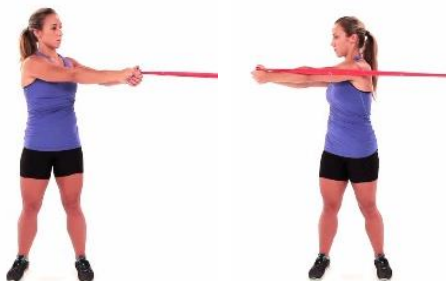
Setup

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



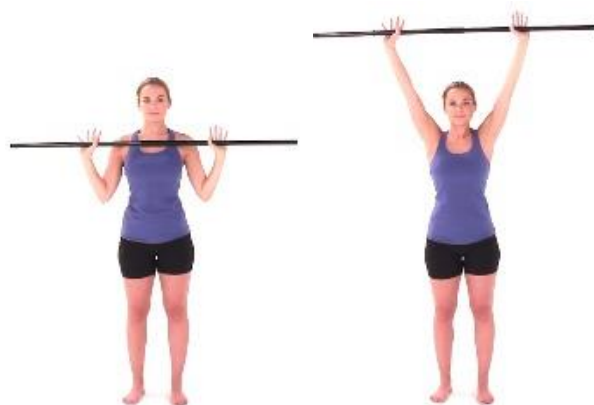
Setup

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.

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.

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.

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.

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.

Quadruped Leg Extension

Level 1: On wall



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.

Level 2: On mat



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.

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.

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.

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.

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

Bikes

Upright



Recumbent



Elliptical



Treadmill

