

Quarantine Workout

Wall Pushups

To increase strength in chest and shoulders

1. Stand 2-3 feet away from wall, facing the wall, with your feet shoulder width apart.
2. Lean forward and place your hands flat on the wall, inline with your shoulders.
3. Lower your body toward the wall and then push back.
4. Repeat 10 times

Wall Snow Angels

Opens chest and decrease tightness the middle of the back

1. Stand about 3 inches away from the wall and place your head and lower back flat against the wall.
2. Put your hands at your sides with your palms out and the backs of your hands against the wall.
3. Keeping your arms touching the wall, raise them up above your head (or as high as comfortable)
4. Repeat 5-10 times.

Chair Squats

Strengthen entire lower body

1. Stand in front of a chair with your feet as far apart as your hips.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Then push your body back up to return to a standing position.
5. Repeat 8-10 times.

Tippy Toe Lifts

Strengthens legs and improves balance

1. Stand beside or behind a chair and place your hands on it for support.
2. Push yourself up onto your tips toes as high as comfortable and then return back to flat foot.
3. Repeat 10-20 times.

Side Leg Lifts

Improves balance and strengthens both legs

1. Stand sideways to a chair, holding onto the back with your right hand.
2. Shift your weight into the right leg and lift the left side out to the side, foot flexed, toes facing forwards.
3. Try to lift the leg without tilting your body.
4. Lower back down and repeat for 12 reps on each leg.

Shoulder Blade Squeeze

To strengthen postural muscles and stretch the chest

1. Sit up straight in your seat, rest your hands in your lap and squeeze your shoulder blades toward one another.

2. Focus on keeping your shoulders down, not hunched up toward your ears and hold for 3 seconds.
3. Release and repeat 8-12 times.

Toe Taps

To Strengthen lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keeping blood circulating in your legs.)
2. Repeat 20 times.

Heel Raises

To strengthen the upper calves

1. Sitting in a chair, keep your toes and balls of your feet on the floor and lift your heels.
2. Repeat 20 times.

Knee Lifts

To Strengthen the thighs

1. Sitting in a chair, with your arms resting on the arm rests, contract leg muscles and lift your leg. Your knee and back of your thigh should be 2-3 inches off your seat.
2. Pause for 3 seconds and slowly lower your leg.
3. Complete 8-12 repetitions and then repeat with the opposite leg.

Ankle Rotations

To strengthen the calves

1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repeat with the left foot.