

# HCHF Home Workouts

## Beginner Home Workout

Great for those who are new to exercise, overweight, or getting back into exercising after some time off. Please modify anything that is too difficult.

- Circuit 1
  - 10 Sit and stand (sit your butt on the floor, stand up, repeat)
  - 15 Squats
  - 10 Knee Pushups (do some regular ones, if you can)
  - 8 Crunches or Sit Ups
- Rest 2 Minutes
- Circuit 2
  - 10 Lunges per leg
  - 15 Mountain Climbers
  - 10 Dips (use a chair, bench, step, etc.)
  - 20 Jumping Jacks
- Repeat 4 Times

## Beginner Home Workout II

Great for those who are new to exercise, overweight, or getting back into exercising after some time off. Please modify anything that is too difficult.

- Circuit 1
  - 10 Heel Touches
  - 14 Squats w/ Leg Lift
  - 20 Seconds - Spider Crawl
  - 10 Shoulder Taps (pushup position, tap shoulder with opposite arm)
- Rest 2 Minutes
- Circuit 2
  - 12 Glute Bridges
  - 10 Plank Jacks
  - 10 Bicycle Crunches
  - 20 High Knees
- Repeat 4 Times

## Intermediate / Advanced Home Workout

Great for those who have been exercising for a few consecutive months. If you are “advanced” in exercising, add 5 reps to each exercise.

- Circuit 1
  - 10 Commandos (Lay on your chest, stand up, repeat)
  - 15 Jump Squats
  - 10 Regular Pushups
  - 15 Crunches or Sit Ups
- Rest 2 Minutes
- Circuit 2
  - 10 Skaters
  - 15 Mountain Climbers
  - 15 Plank Jacks
  - 10 Burpees
- Repeat 4 Times