

Body Weight Exercise Program Transcript - English

Titan Workout!

Body Weight Exercises

Exercises with no equipment

Here is a list of 6 exercises we are going to perform today.

The Exercises: Squats, Push Ups, Lunge, Plank, Arm Circles, Jumping Jacks

How to structure your workout:

30 seconds work and 15 seconds resting.

We will perform each exercise for 30 seconds and then have a 15 second break.

Let's Begin!

Let's begin

Squat

This is a squat. Make sure your heels are on the ground. Pretend like you are sitting in a chair and keep your chest upright and your eyes forward. For something with a higher intensity, add a jump to your squat. Something with a lower intensity, find a bench or a short wall to squat back and sit on.

Push Up

The next exercise is a push up. Place your hands into the ground or into a bench about shoulder width apart and push. Make sure you exhale as you raise your body. For a lower intensity, you can place your hands onto a wall or place your knees onto the ground.

Lunge

Begin by standing and take a step back. From this position lower yourself straight down until you reach a 90 degree angle in both knees. Stay upright and have your front heel planted on the ground.

Remember Both Sides!

Plank

Next we have a core exercise called the plank. If you have a towel or a mat, now would be a good time to use it. Place both forearms onto the ground and extend your legs so you are on your toes. You want to hold a stable and solid position so your body is in a straight line. If you need a lower intensity come down onto your knees and hold.

Arm Circles

To work the upper body, stand up straight and bring both arms out to the side at shoulder height. Keep your arms up and make small circles moving forward or back. Have good posture and tighten. For a higher intensity, march in place as you do the arm circles.

Jumping Jacks

Our final exercise is jumping jacks. If this is too intense, just extend one leg out at a time. If you need more of a challenge, speed it up or add more of a squat.

Great Job! Now, do it 2 more times for a 15 minute workout.

After completing all these exercises, round one is done. Do this entire circuit two more times to get in a great 15 minute workout.

We understand, it's hard!

We understand it may be difficult to stick with an exercise program. Here are some example barriers you may face.

Example Barriers: Not enough time, tiredness, children/family, safety

Not enough time? Schedule workouts ahead of time!

If you feel like you don't have enough time, preschedule specific workout times that fit into your week.

Tired? Exercise in the morning or on lunch!

If you feel tired, try exercising in the morning or during your lunch break.

You have children or family? Bring them with you! Make it family fun!

If you worry about losing time with your children or family, just bring them with you.

Not safe? Do it at home! Or, bring a friend!

And if you feel like the park is not a safe to exercise, you can do this at home or bring a friend with you.

Link Below!

Use the barrier worksheet provided to create solutions for your own barriers to help you reach your goals.

Things to remember:

30 Seconds of Working and 15 Seconds of Resting

Perform this 3-4 times

30 Seconds of Working, 3-4 sets

Rest 15 seconds in between sets

Warming up comes BEFORE the workout

Stretching comes AFTER the workout

Physical Activity Readiness. Doctors clearance is advised if you have any of the following: Heart Condition, Chest Pain, Loss of balance or consciousness, Currently taking prescribed medicine for existing conditions.

Have a Great Workout!

Filmed by KNES 532 Students, Fall 2015