

Indoor Workout Without Equipment

- **Warm-up** – (3 or 4 min) The instructor leads the class with the following warm-up exercises – 15 to 20 reps of press and row, shoulder circles, side bends, knee lifts, heel/toe rolls, side lunges, half jacks , half squats
- **Stretches*** (3-4 minutes) – The instructor leads class in stretching exercise. Class members should hold each stretch for 15 to 20 sec each - calf stretch, v sit, shoulder and chest stretches, cross over hip stretch, hamstring stretches
- **Cardio Connectors** – This serves to keep heart rate in cardiovascular training zone. Instructor inserts two or three min periods of jumping jacks, running in place, side straddle, or high knee marching in place between each strength station listed below (squat thrusts are not recommended on hard surfaces due to injury risk). Instructor should check heart rate zone at least twice during workout (do a 10 second count) to see if people are meeting goals of target heart rate of 60 to 90% of maximal heart rate.
- **Strength Stations** – 40 sec intervals (allow an additional 5 to 10 sec or so for everyone to get in position after the cardio connectors) – strength connectors could include push-ups, crunches, lunges, squats, side bridges, bicycle maneuver as well as manual resisted exercises (choices include resisted lateral raise, resisted shoulder press, resisted push-ups, resisted leg curl, resisted leg abduction)
- **Cool Down** – (3 or 4 min) The instructor leads class through the warm-up exercises used before but now it serves as a cool down from the higher intensity workout.
- **Stretches ***– (3 to 4 minutes) hold 20 seconds each – same as above
- *If you did a warm-up, and cool down and stretches and 12 cardio connectors and 12 strength exercise stations you would total about 45 minutes*

***Stretches you should perform preferably after the workout is completed but you can also perform early in the workout but make sure it's after the warm-up**