

# BAC Home Workouts

## Minimal or No Equipment

### Workout 2

(Warm-up)	3 x's 60 sec each exercise
Forward Lunge Reach	lunge forward while reaching forward on either side of the leg you stepped forward with alternating left and right
Alternating Overhead Punch	shoulder width feet into a ¼ squat position while alternating punches above your head
Alternating Curtsy Squats	shoulder width feet to begin then take right leg and sweep back around the left dropping down into a squat like “curtsy” alternate sides left and right
(Circuit)	4-6 rounds of 30 sec each exercise with 60-90 sec rest after each round
Lateral 1-foot Hop and Stick	hop to the left onto the left foot sticking the landing then hop back to the right and stick on the right foot
Backward Lunge with Overhead Reach	shoulder width feet to start then step backward into a lunge with the right foot as you reach both arms above your head return to start and alternate feet
Backward Plank	lie on back with legs straight with hands 45 degrees out to your sides lift hips off ground and hold

- Tall Kneel Hip Hinge            kneel down on a cushion or mat with both knees standing tall maintain spinal position as you sit down and back toward your heels then return to upright
- Half Knee Lift-ups            place the right knee on a cushion or mat with the left knee up in a half kneel position, reach down toward your right hip then lift across the body up on a diagonal overhead above your left knee, repeat on the other side
- Door Knob Rows use a sturdy door and door knob, straddle the door with your feet while grasping the knob on either side of the door, slightly bend the knees and lean backward to arms-length, pull and row yourself back to an upright position
- (Warm-down)                            Repeat Stretches on each side  
2-3 x's 20-40 sec
- Standing Elevated Calf                    using a step or another elevated sturdy  
Stretch            surface stand on the edge on the balls of your feet with your heels hanging of edge, while keeping body straight drop heels until you feel a stretch in calf area
- Half-Kneel Hip and Quad            kneel down on a cushion with your right knee  
Stretch            and your left up, extend your right back with your body tall, press your hips forward you should feel a stretch in the hips and upper quads
- Seated Hamstring                    sit down on the floor with your left leg  
Stretch            extended out straight with the toe pointed skyward and your right leg bent so that the sole of the right foot can be placed against the inside of the left leg, keeping the body tall hinge forward at the hips until you feel a stretch in the hamstring of the left leg

Standing Counter-top Forward Bend Stretch      place both hands on a solid counter top, one with a sink gives you a hand hold, grasp with both hands with feet shoulder width apart, flex the hips and knees and bend forward at the hips with the arms straight, push the hips backward and the knees forward, head should be between your arms, stretch will be felt in lats and lower back