

BAC Home Workouts

Minimal or No Equipment

Workout 3

(Warm-up) 3 x's 60 sec each exercise

Alternating Boxer stagger stance with left foot forward
right foot
Punch back, hands up like a boxer, alternate punches left right, you
can add a side to side
dance on balls of feet

Drop Step Lunge shoulder width feet to begin then take a drop
With Reach diagonal drop step with the left foot to 8 o'clock with a
reach forward on either side of your knee then
return to front and repeat to 4 o'clock to the
right

Alternating "Uppercut" stagger stance with left foot forward right foot
Punches back, hands u like a boxer, alternate "uppercut" punches left
and right

(Circuit) 4-6 rounds of 30 sec each
exercise with 60-90 sec rest
after each round

Rotational 2-foot Hop shoulder width feet hop rotating left so you
and Stick stick the landing facing left then hop rotating right back to the
start and stick the landing

Alternating Forward face forward toward a step with feet shoulder
Step-ups width a part, step up on the step with the left foot then back
down and then step up with the right
alternating back a forth between feet

Side Plank lie on your left side propped up on your right elbow and forearm, elbow should be under the shoulder, lift the hips off the floor so that your body is straight from you ear through shoulder, hip, knee, and ankle, repeat on the right side

Alternating Superman's lie face down on the floor with arms straight out in front like Superman flying, lift your left arm, chest, and right leg off the floor at the same time then lower back down to the floor, switch to the right arm and left leg alternating back and forth

Squat to Single Leg Balance shoulder width feet to begin, squat to parallel, as you come up transition to standing on your left leg only and lift your right thigh to parallel, step back down, repeat squat and as you come up transition to standing on your right leg only, alternate left and right

Door Knob Arm Curls use a sturdy door and door knob, straddle the door with your feet while grasping the knob on either side of the door with an underhand grip, slightly bend the knees and lean backward to arms-length, curl and row yourself back to an upright position

(Warm-down)

Repeat Stretches on each side
2-3 x's 20-40 sec

Standing Wall Bent Knee
Calf Stretch

place hands on wall with feet split with one toward the wall the other back. Keep feet straight ahead, bend back knee, lean hips and front knee forward toward wall. Feel stretch in rear leg calf and frontal hip

Standing Wall IT Band
Stretch length away with

turn sideways to a wall approximately arms length away with left hand on wall, place your right foot behind your left like you are standing on one ski, bend your left arm as you push your right hip out away from the wall, you should feel a stretch on the outside of your right thigh and into your hip, repeat on the other side

Standing 2-Foot Hip Flexor
Stretch arms-length at

face a wall placing your hands on the wall at shoulder height, feet should be approximately shoulder width apart, keeping legs fairly straight press thighs and hips toward the wall, you should feel a stretch in the frontal thighs, hips, and abdomen

Standing Door Frame "Y"
Chest and Shoulder
Stretch forming a "Y", step

stand inside a door frame facing forward, raise arms up so they are at 10 and 2 o'clock with the left foot keeping your upper body upright, you should feel a stretch through the chest and shoulders

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