

# BAC Home Workouts

## Minimal or No Equipment

### Workout 1

#### **(Warm-up)**

**3 x's 60 sec each exercise**

March in Place

swing arms and lift knees

Squat Overhead Reach

shoulder width feet reach  
reach overhead as you  
stand

Alternate Side Lunge  
Reach

step left and right reach  
on either side of leg you  
step with

#### **(Circuit)**

**4-6 rounds of 30 sec each  
exercise with 60-90 sec rest  
after each round**

Forward 2-foot Hop  
and Stick

hop forward and stick and  
landing then repeat

Shoulder Width 2-foot  
Squat

squat to parallel depth and  
return to standing

Forward Plank

plank position on hands and  
feet with neutral spine

Lateral Squat Walk

hold  $\frac{1}{4}$  squat position as you  
walk laterally left 4-steps  
followed by right 4-steps

Alternating Bird Dog

quadruple position (all fours)  
move opposite arm and leg  
together then alternate with

other side

Push-ups

hands outside of shoulders  
plank position on hands and  
feet with neutral spine

**(Warm-down)**

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

Standing Split Stance  
Wall Calf and Hip Stretch

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

Standing Quad Stretch

place hand on the wall, pick up one  
foot and grasp ankle and lift. Should feel  
stretch in frontal thigh of the same leg

Standing Elevated  
Hamstring Stretch

use an elevated surface like a step  
place a hand on the wall and place heel  
of one leg on the step, straighten leg  
keeping hips square to step bending  
forward at the hips keeping the spine  
neutral

Standing Doorway  
Stretch

stand in a doorway and place your palms  
on door frame with elbows at 90 degrees  
take one step forward through the door  
while keeping body tall. Should feel the stretch  
across the front of the chest

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