

Link to video demonstrations of the exercises can be found here
<https://www.tpasc.ca/file/fullybodyworkout1mp4>

TPASC Stay-At-Home Workouts

NO GYM? NO PROBLEM! HERE ARE SOME HELPFUL TIPS TO GET YOU STARTED...

1. Create a workout space.
2. Schedule your sessions to hold yourself accountable and create a routine.
3. Dress for the occasion – put on your typical training attire, including shoes.
4. Mix it up to prevent boredom.
5. Make it as easy or difficult as you would like.
6. GET UP AND MOVE 😊

SAMPLE WEEKLY SCHEDULE

OPTION	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#1 Beginner	Full Body Workout	REST/RECOVER Y DAY	CARDIO Option	REST/RECOVER Y DAY	Full Body Workout	REST/RECOVER Y DAY	CARDIO Option
#2	CARDIO Option	Full Body Workout	REST/RECOVER Y DAY	CARDIO Option	Full Body	REST/RECOVER Y DAY	CARDIO Option

Intermediate					Workout		
#3 Advanced	Full Body Workout	CARDIO Option	Full Body Workout	CARDIO Option	Full Body Workout	CARDIO Option	REST/RECOVERY DAY

*YOU CAN DESIGN YOUR OWN WORKOUT SCHEDULE BASED ON YOUR CURRENT FITNESS AND COMFORT LEVEL

FULL BODY WORKOUT # 1

Directions	Warm Up	Training Tips
<ul style="list-style-type: none"> ○ Complete the circuit 2 – 3 times with 2 minutes of rest between each round ○ Do as many repetitions as possible in the allotted time ○ Pick a work and rest period that challenges you (longer work and less rest = harder!) 	<ul style="list-style-type: none"> ○ Forwards and Backwards Arm Circles – 1 min ○ Jumping Jacks – 1 min ○ Squats – 30 seconds 	<ul style="list-style-type: none"> ○ Work at your own pace ○ Focus on Technique

Exercise	Work Period	Rest Period	Progression
Squat Jumps	30 - 60 seconds	10 - 30 seconds	Increase speed of movement
Push Ups	30 - 60 seconds	10 - 30 seconds	Push up with shoulder tap
Alternating Lunges	30 - 60 seconds	10 - 30 seconds	Alternating jump lunges
Plank	30 - 60 seconds	10 - 30 seconds	Plank with alternating reach
Hip Bridge	30 - 60 seconds	10 - 30 seconds	Alternating one leg hip bridges
High Knees	30 - 60 seconds	10 - 30 seconds	Increase speed of movement
Mountain Climbers	30 - 60 seconds	10 - 30 seconds	Increase speed of movement
Burpees	30 - 60 seconds	10 - 30 seconds	Increase speed of movement

FULL BODY WORKOUT # 2

Directions	Warm Up	Training Tips
<ul style="list-style-type: none"> ○ Complete the circuit 2 – 3 times with 2 minutes of rest between each round ○ Do as many repetitions as possible in the allotted time ○ Pick a work and rest period that challenges you (longer work and less rest = harder!) 	<ul style="list-style-type: none"> ○ Forwards and Backwards Arm Circles – 1 min ○ Jumping Jacks – 1 min ○ Squats – 30 seconds 	<ul style="list-style-type: none"> ○ Work at your own pace ○ Focus on Technique

Exercise	Work Period	Rest Period	Progression
Squats	30 - 60 seconds	10 - 30 seconds	Increase speed of movement
Chair Dips	30 - 60 seconds	10 - 30 seconds	Extend your legs
Side Lunges	30 - 60 seconds	10 - 30 seconds	Straighten leg while lunging
Step Ups	30 - 60 seconds	10 - 30 seconds	Alternating jump step ups
Abdominal Leg Raises	30 - 60 seconds	10 - 30 seconds	Hold bottom position for 2 seconds
Floor Back Extensions	30 - 60 seconds	10 - 30 seconds	Hold top position for 2 seconds

Side V ups	30 - 60 seconds	10 - 30 seconds	Keep legs straight
Burpees	30 - 60 seconds	10 - 30 seconds	Increase speed of movement

CARDIO/RECOVERY OPTIONS

Directions	Warm Up	Training Tips
<ul style="list-style-type: none"> ○ Choose 1 cardio option per day ○ Mix it up from day to day ○ Ease into everything especially if it is your first time 	<ul style="list-style-type: none"> ○ Alternating Lunges – 1 min ○ Arm Circles – 1 min ○ Squats – 30 seconds ○ Hamstring and quad stretch – 30 seconds each 	<ul style="list-style-type: none"> ○ Work at your own pace ○ Go light to start but try to improve the distance each workout

CARDIO	Distance / Time	Guidance
Walking	Whatever you feel comfortable with E.g., 1-3km or 10-30mins	Go for a nice easy stroll or turn it into a brisk walk
Jogging	Whatever you feel comfortable with E.g., 5-10km or 30-60mins	Find a steady pace to maintain for the desired distance or time

Intervals	Whatever you are comfortable with E.g., 2-5kms or 10-20 sprints	Sprint to a light post then walk to the next one, alternating between high intensity and low intensity efforts
Biking	Whatever you are comfortable with E.g., 10-20km or 30-60mins	Go for a nice scenic bike ride, taking stops along the way to enjoy nature
Jump Rope	Try 30 – 60 seconds of jump rope followed by 30 seconds of rest for 20 minutes	Grab a skipping rope

RECOVERY	Distance / Time	Guidance
Yoga/Meditation	However long you need	Follow a number of guided yoga or meditation sessions online. Breath and unwind!