

Brock Jones

## Walk Away Workout

\* Here is a workout that can be done in the privacy of your own home that takes anywhere from 10-15 minutes. This can be done by anyone who is interested in working out, regardless of fitness level

1. Chair pose (Lower Back and Hamstrings): Stand with your feet 6 inches apart. Bend your knees slightly and push your hips back. Lift your arms up above your head as high as possible. Keep your weight on your heels. This should look like you are sitting in a chair – only without the chair. Hold the pose for 30 seconds.
2. Glute Bridge (Glutes): Lie on your back with your arms at your side, palms down by your hips, knees bent at 90 degrees. Your feet should be 6 inches apart and flat on the floor. Push up through your heels to lift your hips as high as possible while squeezing the glute muscles. Hold for 15 seconds, and then lower.
3. Plank (Core): Lie flat on your stomach with your toes touching the floor. Place your elbows directly under your shoulders with your forearms flat on the ground. Using your abs, lift your hips in the air until your body is parallel to the floor in a push up position. Squeeze your glutes and brace your abdominals while holding a rigid plank position. Hold for 30 – 45 seconds, and then relax.
4. Hip Flexor Stretch (Hip Flexors and Quads): Step into a long lunge. Lift arms straight above your head and extend them back slightly. Bend your torso back and away from the rear leg to stretch the side of the body. Hold for this position for 30 - 45 seconds. Repeat the same stretch for other side of the body.
5. Negative push up (Chest, Arms, and Shoulders): Move into the plank position with your hands on the ground directly below your shoulders (You can widen your hands for comfort if necessary). Slowly lower body evenly to the ground, holding strong through the core. The negative push up should take 15 seconds from top to bottom, in a constant slow motion. Do as many as you can for one set, and then relax.
6. Wall squat (Legs): Press your back flat against a wall, with your legs shoulder width apart. Slide down until knees are bent about 90 degrees. Keep your upper back against the wall and raise your arms completely above your head. Keep your head, back and arms firmly against the wall. Hold this position for 45 seconds – 1 minute.

\* Each exercise should be done 3-4 times, whichever is time permitting and most comfortable for you. This workout can be done in circuit form or one exercise at a time.