

City of Coquitlam

Home Workout Volume 1

Focus: Endurance – 3 sets, 15 to 20 repetitions

Exercise 1: Tricep Dips



Level 1: Step 1

With both feet on the floor, place your hands on the side of a chair with your knees bent to 90 degrees and a soft lock in the elbows.



Level 1: Step 2

Lower your body weight until your elbows are bent to 90 degrees.



Level 2: Step 1

With one foot on the floor, place your hands on the side of a chair with one knee bent to 90 degrees and a soft lock in the elbows.



Step 2: Step 2

Lower your body weight until your elbows are bent to 90 degrees.

Exercise 2: Lunges



Level 1: Step 1

With your feet hip-width apart, take one big step forward with one leg.



Level 1: Step 2

Lower your back knee until it stops just above the floor, about 90 degrees. Make sure to keep your feet straight and keep your front knee over your foot.



Level 2: Step 1

With your feet hip-width apart, take one big step forward with one leg and place your back toes on the chair.



Step 2: Step 2

Lower your body until you get to 90 degrees at the knees. Make sure to keep your feet straight and keep your front knee over your foot.

Exercise 3: Push-Ups



Level 1: Step 1

From your knees, place your hands directly underneath your shoulders with a soft lock in the elbows.



Level 1: Step 2

Lower your body weight until your elbows are at 90 degrees. Your chest should be just above the floor. Press back up to a soft lock in the elbows.



Level 2: Step 1

From your toes, place your hands directly underneath your shoulders with a soft lock in the elbows.



Step 2: Step 2

Lower your body weight until your elbows are at 90 degrees. Your chest should be just above the floor. Press back up to a soft lock in the elbows.

Exercise 4: Wall Sit



Level 1

Press your back against the wall and take a step out with your feet. Lower your body weight until your knees are at 90 degrees and hold the position for 30 – 60 seconds.



Level 2

Press your back against the wall and take a step out with your feet. Lower your body weight until your knees are at 90 degrees and hold the position for 30 – 60 seconds. This time add some weight, like a stack of books.

Exercise 5: Bicycle Crunches



Step 1

Lay on your back with your feet up and your knees bent to 90 degrees. Tuck in the chin and place your hands beside your head.



Step 2

Extend your right leg and crunch upward, bringing your right elbow to your left knee.



Step 3

Return to starting position (Step 1)



Step 4

Extend your left leg and crunch upward, bringing your left elbow to your right knee.

Exercise 6: Plank



Level 1

From your knees and elbows, engage your core and your glutes. Hold your torso in a straight line for 30 – 60 seconds.



Level 2

From your toes and elbows, engage your core and your glutes. Hold your torso in a straight line for 30 – 60 seconds.



Level 3

From your toes and hands, engage your core and your glutes. Hold your torso in a straight line for 30 – 60 seconds.



Level 4

From your toes and hands, engage your core and your glutes. Hold your torso in a straight line for 30 – 60 seconds. Alternate a lateral arm raise every couple seconds.