

COVID...19 MINUTE WORKOUT

In times like these, when we feel powerless, confused and lost, the few things we can control is our perspective, thoughts and actions.

I encourage all of my clientele, young and old, to move as much as possible!
GET OUTSIDE!

Perhaps take some time to drive to the woods, or a trail, to feel the positive energy of nature. When unable to go outdoors, get up from your couches and desk chairs and take a few laps.

Movement allows us to change our brain chemistry.

During the stay at home order Omnifitness Inc. is offering numerous virtual women's and men's strength/HIIT, stretch, semi-private, and private Virtual training via Zoom or FaceTime.

Please inquire with Britta Zecher if interested
781.444.6363 or 617.571.9500

Have fun with it. Smile. Jump. Move



CARDIO

Start with **walking** or **marching** in place for **1 minute**.

Complete the following for 4 minutes...
8 cycles/30 seconds each workout below.

Between each cardio workout, complete one/two of the strength workouts on the following page.

JUMPING JACKS

HIGH KNEES

SKATERS

PRETEND JUMP ROPE

BUTT KICKS

HOP ON ONE FOOT

BURPEES

MOUNTAIN RUNNERS



STRENGTH

Complete the following for 12 minutes...
12 cycles/1 minute each workout below.

Between each cardio workout, complete one/two of the strength exercises below.

SQUATS

PUSH UPS

REVERSE LUNGES

PUSHUPS (2nd round)

STANDING LATERAL LEG LIFTS

DIPS

GOLF REACH/SINGLE LEG DEADLIFT

DIPS (2nd round)

STEP UPS (on your stairs)

PLANK

SQUATS (2nd round)

BENT OVER ROW

STRETCH

Time to **stretch, cool down** and **relax** for **3 minutes**.

Find a comfy place on your rug, mattress, or mat.

Let's start with...

STANDING SIDE STRETCH

DOORWAY CHEST STRETCH

QUAD STRETCH

Let's progress to...

DOWNWARD DOG

Stretching out your calves and hamstrings

CHILDS POSE

Relax your spine

CORPSE POSE

Legs stretched out

Now it's time to finish with...

BREATH WORK

Calm inhales and exhales. With each breath pull in a phrase, word or mantra that serves YOU.

Remember to stay self-loving, positive, energetic...Allow it to flow within you.

MODIFIED STRENGTH OPTIONS/DETAILS

1. SQUATS

Full squats, 1/4 squats for those w/ bad knees, but squat! We need to squat every time we get off a chair or out of our cars! You can always do a wall slide up against a wall instead.

2. PUSHUPS

On your knees, on a set of stairs elevated, on a wall or on your toes, elbows narrow, elbows wide....all options!

3. REVERSE LUNGES

Great for balance, and again, deep with weights for a more rigorous workout, and less depth w/ back knee for a beginner.

4. STANDING LATERAL LIFTS

Fantastic to strengthen balance and those lateral leg abductors we use daily. Add an ankle weight and balance with no hands, or hold onto a wall or chair.

5. DIPS

Use a kitchen/dining room chair, (NO wheels), legs bent for beginners or straight for advanced. Feel it in those triceps!

6. GOLF REACH/SINGLE LEG DEADLIFT

Stand on one leg with hips square and reach over like you're getting your golf ball out the hole, or add load in each hand (dumbbells if you have them, soup cans, whatever you can find handy). Fantastic for balance and hip strength!

7. STEP UPS

On your stairs, lift your knees high or kick your fanny. Looking to work harder, run your stairs.

8. PLANK

On hands, or elbows, hold your core in and feel those abs! Increase intensity with feet wide and alternate touching your elbows, or narrow toes and reach knees to elbows. Beginners can do planks on their stairs, with feet at the bottom and hands on 3rd step, or even elbows on a bed.

9. BENT OVER ROW

Use a weight, can of soup, bottle of water, bag of pennies and hinge forward and pull those shoulder blades back! We're forward all day long!

EXAMPLES

JUMPING JACKS



HIGH KNEES



SKATERS



PRETEND JUMP ROPE



EXAMPLES

BUTT KICKS



HOP ON ONE FOOT



BURPEES



MOUNTAIN RUNNERS



EXAMPLES

SQUATS



PUSH UPS



REVERSE LUNGES



STANDING LTRL LEG LIFT



EXAMPLES

DIPS



GOLF REACH/SINGLE
LEG DEADLIFT



STEP UPS



PLANK



EXAMPLES

BENT OVER ROW



STANDING SIDE STRETCH



DOORWAY STRETCH



QUAD STRETCH



EXAMPLES

DOWNWARD DOG



CHIILDS POSE



CORPSE POSE



Any of the above can be modified

You can shorten the workout, doing only 1 set of the exercises and reducing the cardio components in between ~ no matter what, move! Get outside if you can!

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Created by Britta Zecher
Omni Fitness Inc.

Omni Fitness Inc. and its owner is not liable for any injury from the above mentioned program and we trust that you have a safe environment to move in, have medical clearance to exercise and utilize the regressed motions with the support of stairs, walls and chairs if appropriate.