



## After Christmas Workout or New Year's Workout Routine

This is a beginner's routine with an experienced mind-set and foundation. This is how you build a solid and strong physical foundation. Once this is established, you can start to focus on getting the physical shape you desire, but first things first. *Patience* is a necessity when getting in shape, especially when starting out. Most exercise books and websites assume a lot of things about the reader and usually discourage most people before they even feel or see any improvement in their appearance.

### COMMIT TO MEMORY:

- Every muscle or muscle group has specific movements or a *range of motions*. (This is important because you need to stay within these ranges so you don't injure yourself.)
- Only use the muscle group you are working. (This means you need to know what muscles are needed for each exercise, i.e. the push-up- Triceps, shoulders and chest and your core muscle groups should be contracted)
- Feel the muscle **contracting** throughout the whole range of motion (control the your movement)
- ***Proper Form*** is the most important part of fitness and working out

### ***Let's Begin!***

1. As soon as you wake up in the morning, do "Wall" or "Chair" push-ups. 15-20 repetitions.
  - a. I recommend starting off doing Wall Push Ups
    - i. This will help your body get use to doing the exercise properly

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- b. You can do these on the edge of your bed
- c. You can do these on a chair or love seat
- d. You can do these on while in the shower (Killing two bird w/one stone)

(THERE IS NO EXCUSE WHY YOU CAN'T DO AT LEAST ONE SET OF 15-20 REPETITIONS)

2. You can either do the Air Squat or the Sit-up

- a. Air Squat- Stand next to your bed and you can use the bed as support
- b. Keep your back straight (looking up at the ceiling helps you maintain this position)
- c. Lower your body with your thigh muscles (Quadriceps and Buttock), keeping back straight up and down, try not to lean forward too much. I don't recommend bending your knees further than 90 degrees. *A good rule of thumb is to use a chair or pretend as if you were getting ready to sit in a chair.*
- d. Then stand up, **but Don't lock your Knees** straight (keep them at a slight bend), to complete the repetition

3. Sit-ups

- a. Use a pillow or a workout mat to protect your lower back.
- b. Place feet under couch or lay them straight out
- c. Extend arms over your head. Begin by swing arms forward to help you sit up. Or cross your arm over your chest.
- d. When you are sitting up, Exhale, Curl your stomach and round your back and squeeze/contract your abdominals all the way up as far as you can go
- e. Then slowly lower your body to the floor; all the way down to complete the repetition.

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### Wall/Chair Push-up



### Squat



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1



Stand with your feet slightly wider than shoulder width apart, keeping your weight on your heels and your feet angled slightly outwards.

2



Place your arms out in front of your chest in a comfortable position. Begin to bend your knees to lower yourself towards the ground. Ensure your lower back remains arched.

3



Continue to bend your knees until your thighs are at least parallel to the ground. Do at least 90 degrees of squat position.

4



Raise yourself back up to position 1 by straightening your legs.

### Sit-up

