



# Working Out at Home

There are many benefits to working out at home: when you exercise, you are happier, you decrease stress levels, sleep better, boost your immune system and gain confidence!

## Beginner home workouts – no equipment needed

### Before You Begin

Take precautions. Always make sure to consult your healthcare provider before starting any workout program, including these.

If you have any health condition, it is extremely important you talk with your doctor and discuss any modifications you should make to ensure you are safe during your workout.

### As a Beginner to Workouts

- Set realistic goals for yourself.
- Do not beat yourself up if you cannot make it all the way through the workout.
- Work up to longer workouts, try to not overdo it.

#### Workout No. 1

- 20 Jumping Jacks
- 10 Squats
- 15 Crunches
- 10 Lunges (each leg)
- 10 Push ups

*(Repeat the circuit 3 times with rest between as needed.)*

#### Workout No. 2

- Warm Up:**
- 10 Jumping Jacks
  - 20 seconds rest
  - 15 Jumping Jacks
  - 20 seconds rest
  - 20 Jumping Jacks
  - 30 seconds rest
  - 20 Jumping Jacks
  - 30 seconds rest

*(Repeat circuits 1-3, 4 times with rest between as needed.)*

#### Circuit No. 1:

- 10 Jump Squats
- 10 Push ups
- 20 Crunches

#### Circuit No. 2

- 10 Jumping Jacks
- 10 Squats
- 10 Hip Thrusts

#### Circuit No. 3

- 10 Knee to Elbow
- 10 Lunges (each leg)
- 20 second Plank

#### Workout No. 3

##### Warm Up:

- 30 seconds Arm Circles
- 60 seconds March in place
- 30 seconds Knee to Elbow
- 60 seconds March in place

##### Circuit No. 1

- 10 Wall Squats
- 10 Push Ups
- 10 Seated Leg Lifts
- 10 Crunches

##### Circuit No. 2

- 2 minutes March in place
- 10 Body-weight Squats
- 20 second Plank
- 15 Calf-Raises (one leg at a time)
- 20 second Plank

##### Circuit No. 3

- 2 Min March in place
- 10 Triceps Dip
- 10 Crunches
- 10 Hip Thrusters
- 10 Lunges (each leg)

*(Repeat Circuits 1-3 3 times resting as needed.)*



**Visit our website for more tips on stress relief: [www.Health.Solutions](http://www.Health.Solutions)**

### Health Solutions Support Systems Available in Pueblo

#### Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

##### VISIT

Health Solutions  
Crisis Living Room  
1310 Chinook Ln.  
Pueblo, CO 81001

##### CALL

Health Solutions  
Crisis Services  
719.545.2746



##### STATE HOTLINE

Colorado Crisis Services  
1.844.493.8255

##### OR TEXT

Colorado Crisis Services,  
text TALK to 38255