

# Cardio at Home for the Holidays

Prepared by Stephanie Materazzi

**Learning Objectives:** Crank up your cardiovascular training while at home during the holidays.

(1) Develop an understanding in the importance of a warm-up. (2) Learn exercises that can be done at home. (3) Develop an understanding in the importance of a cool-down and perform training activities with respect to their contribution to flexibility and stability.

**Warm-up:** Warm-up exercises are essential to any workout. Preparing the muscles and joints for more intense activity helps prevent injury, as well as promotes circulation. Warm-up exercises increase the temperature of the body, making the muscles more flexible and receptive to strenuous activity. Most experts even advise that you engage in warm-up exercises before stretching. Warming up should slightly increase the heart rate but not to the level experienced during your workout.

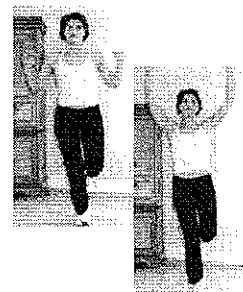
- Basic March
- Shuffle or two step
- Reaching over head from side to side
- Kicking to the front and/or back

## Exercises:

Exercising can be done anywhere! For these cardio exercises you need a space about 2ftx3ft. Make sure you are wearing appropriate footwear and you're ready to get started. If you're a beginner exerciser choose a cardio exercises you can do steadily for 1-2 minutes (like a jog) rather than trying to do a more challenging cardio move for 30 seconds intervals. If you're a moderate exerciser time all your moves for 45 seconds. If you like a challenge, do 45 seconds to 1 minute of all these exercises.

### Jogs

Jog or march in place while pushing your arms overhead. Try to kick high, as if you're kicking your own butt and really use the arms to raise the heart rate. You can also jog around the house or around the block. Repeat for 1-5 minute.



### High Jogs

As you jog, bring your knees up high, to waist level if you can. Land on the balls of your feet and keep the knees bent to absorb the impact.

Repeat for 30 seconds.



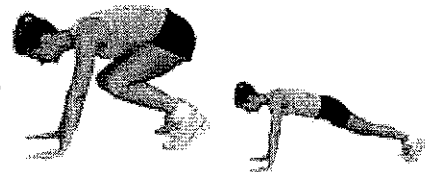
### Cross-Country Ski

Begin with feet together. Jump up bringing the right foot forward, left foot back. Quickly switch feet while alternating the arms with the legs (left arm comes up when right foot goes back). Repeat for 30 seconds.



### Squat-Thrust

Stand with feet together. Squat down and place your hands on the floor next to your feet. In an explosive movement, jump feet backwards into a push-up position, jump feet back between hands and stand up.



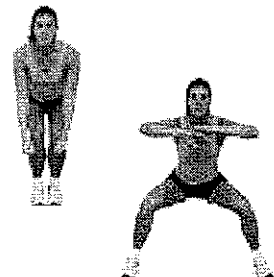
(Modify by stepping feet back one at a time.) Perform 6 reps, march in place for 8 counts for brief recovery, repeat 6 more times.

### Jumping Jacks

Stand with feet together and the arms at the sides, jump to a position with the legs spread wide and the hands touching overhead and then returning to a position with the feet together and the arms at the sides. MODIFIED: Do the same jumping jacks motion with your arms but only step out with the left leg and then with the right. Low impact and great modification!

### PlyoJacks

Begin with feet together and jump up, taking feet out to the side, landing in a low squat. Jump up and bring feet back together (a very slow jumping jack). Swing your arms overhead to add intensity. Do this move for 30 seconds, rest for a few seconds, and repeat for another 30 seconds. This is a tough one!



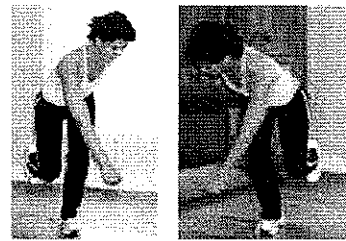
### Front Kick with Squat

Stand with feet together. Bring the right knee up and extend the leg in a front kick (do not lock the knee!). Lower down into a low squat (knees behind toes) and then kick with the left leg. Repeat (right kick, squat, left kick).



### Speed Skaters

Start with feet together and jump to the right, landing on the right foot. Immediately take another lateral jump to the left. Keep jumping from side to side, keeping the jumps low to the floor and swinging the arms to add intensity. Jump as far as you can each time.



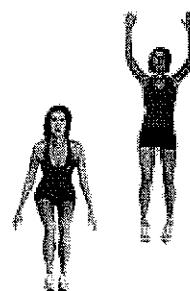
### Lunge with Chop

Step forward with right foot into a low lunge (front knee behind toe, both knees to 90 degree angles) while simultaneously bringing left arm down towards the floor in a chopping motion. Step back and repeat for 30 seconds. Switch to the other side and repeat for another 30 seconds.



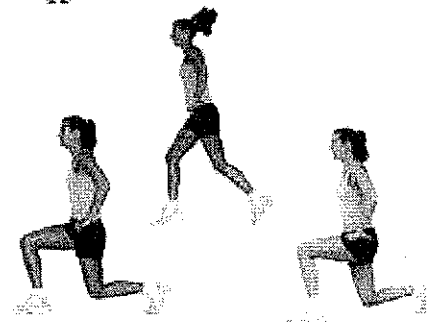
### Power Jumps

This is your last exercise! Begin with feet together. Bend the knees and jump as high as you can while circling your arms overhead. Land with soft knees in a squat.



### Plyo-Lunge

Begin in a lunge position, right foot forward, left foot back, both knees at 90 degree angles. Jump up and switch feet in the air, landing in a lunge with left foot forward, right foot back. Repeat for 30 seconds. This is a tough one!



**Cool-down:** During the cool-down, stretching has the greatest potential to increase your range of motion and enhance your overall flexibility because the muscles are warm and thus more pliable. Stretch to a point of slight tension; never pain. Gentle, slow stretching will help prevent injury and decrease muscle soreness. Inhale as you get into your stretch position, then exhale as you relax into the stretch. Exhaling as you relax into the stretch allows you to further lengthen the connective tissue-as tension is released, the stretch increases. Hold each stretch for 30 to 60 seconds. Concentrate on how you feel throughout these movements.

- Lying Trunk Twists - Lie flat on your back, with both hands extended straight out to your sides. Slide both legs up towards one arm, aiming to keep the knees together, whilst allowing your lower body to naturally twist around. Can be performed with either bent or straight legs.
- IT Band Stretch - On your back, bend your left leg, keeping your left foot flat on the ground. Put your right ankle on top of your left knee. Then, reach down and clasp your hands around your left thigh, pulling it in towards you.
- Quad Stretch – Lying on your side, bottom elbow under the shoulder, bend the bottom leg for balance and grab your top ankle behind your body. Push the foot against your hand. Hold for about 30 seconds. Switch legs and repeat.
- Straight Leg Lunge - Slowly straighten the front leg as you forward bend over that leg. Try to keep the front foot flat on the floor and do not force the leg to come straight. Go back and forth between a bent and straight front leg several times.
- Calf Stretch - Place your right foot behind your left foot. Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor. Hold your back straight and your hips forward. Do not rotate your feet inward or outward. Hold for about 30 seconds. Switch legs and repeat.
- Heart opener - Standing with your feet hip-distance apart, reach your hands behind you, clasping them together in a fist at the base of your back. Looking straight ahead, lift your clasped hands as high as you can behind you, pulling your shoulder blades together.
- Hands Over Head – Standing, interlock your hands above your head, palms facing upward. Exhale and push your hands further above your head.

A BODY IN MOTION STAYS IN MOTION!

So, pour yourself a glass of water, play your favorite music, and get moving!