

HOME WORKOUT

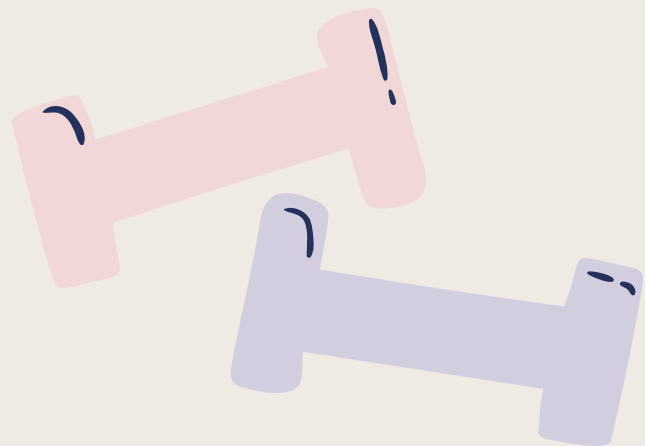
Horses Spirits Healing

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- Can be done at home or at a gym!
- With or without weights!
- Complete 3 sets of 10 on each side for each workout
- Please complete the entire exercise program as often as possible for best results!





**At Home Exercises
To Increase
Strength, Flexibility,
& Endurance**

MONTHLY CHALLENGE

1 LOWER BODY	2 CORE	3 UPPER BODY	4 WALK/RUN 20 MINUTES	5 RELAX	6 WALK 20 MINUTES
7 LOWER BODY	8 CORE	9 UPPER BODY	10 WALK/RUN 20 MINUTES	11 RELAX	12 WALK 20 MINUTES
13 LOWER BODY	14 CORE	15 UPPER BODY	16 WALK/RUN 20 MINUTES	17 RELAX	18 WALK 20 MINUTES
19 LOWER BODY	20 CORE	21 UPPER BODY	22 WALK/RUN 20 MINUTES	23 RELAX	24 WALK 20 MINUTES
25 LOWER BODY	26 CORE	27 UPPER BODY	28 WALK/RUN 20 MINUTES	29 RELAX	30 WALK 20 MINUTES

HOW TO MAKE EXERCISE A HABIT

You want to get in shape, but you never get past the first week. Apply these tips:

Set a clear goal

It could be improving your habits, having better health, or finishing a race. Write it clearly and simply.



Follow a plan

Aim to go to the gym twice a week, or practice yoga for half an hour one day yes and one day no, etc.



Know your limits

If you feel pain or discomfort, stop the exercise and get some rest. We must not injure ourselves while training.



Go slow

If you're not a regular exerciser, starting out intensely can cause you to get discouraged, or worse, injure yourself.

Hydrate and stretch

Drink water, and warm up before training and stretch after exercise. Your body will thank you.

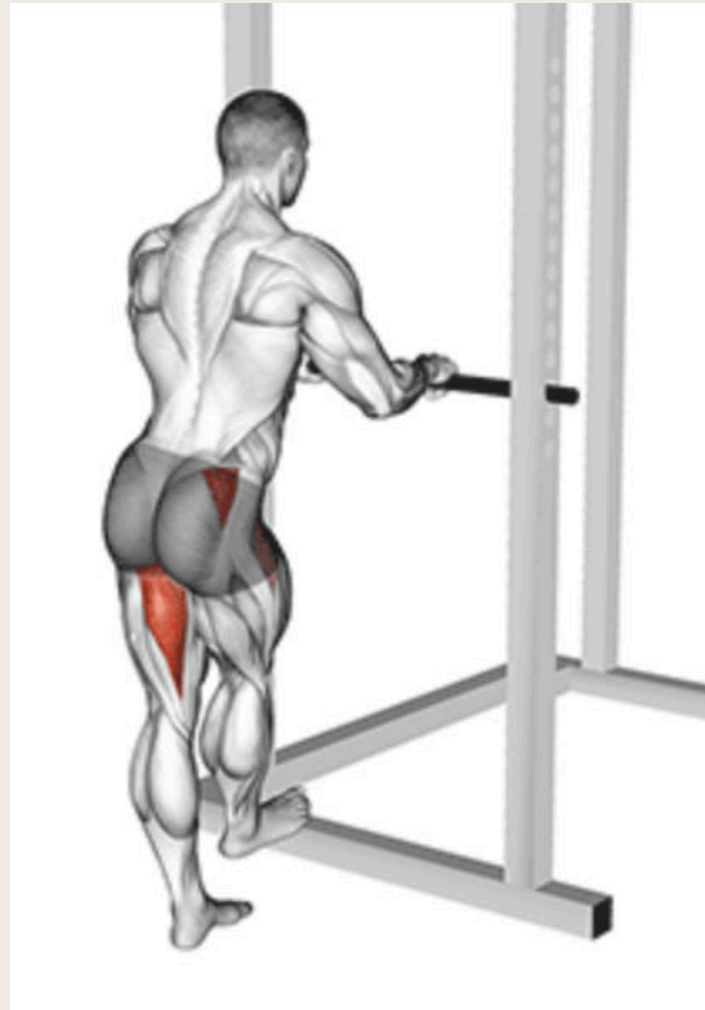


STRETCHING

**Stretching should be done before & after exercise
to prevent injury**

Lateral Leg Swing

How to: Stand facing stationary support slightly less than arms length away and place hand on it for balance. Standing on base leg, lift other foot off of ground. Swing leg to out to side with leg straight to highest comfortable position. Immediately swing leg back down and in front of supporting leg.



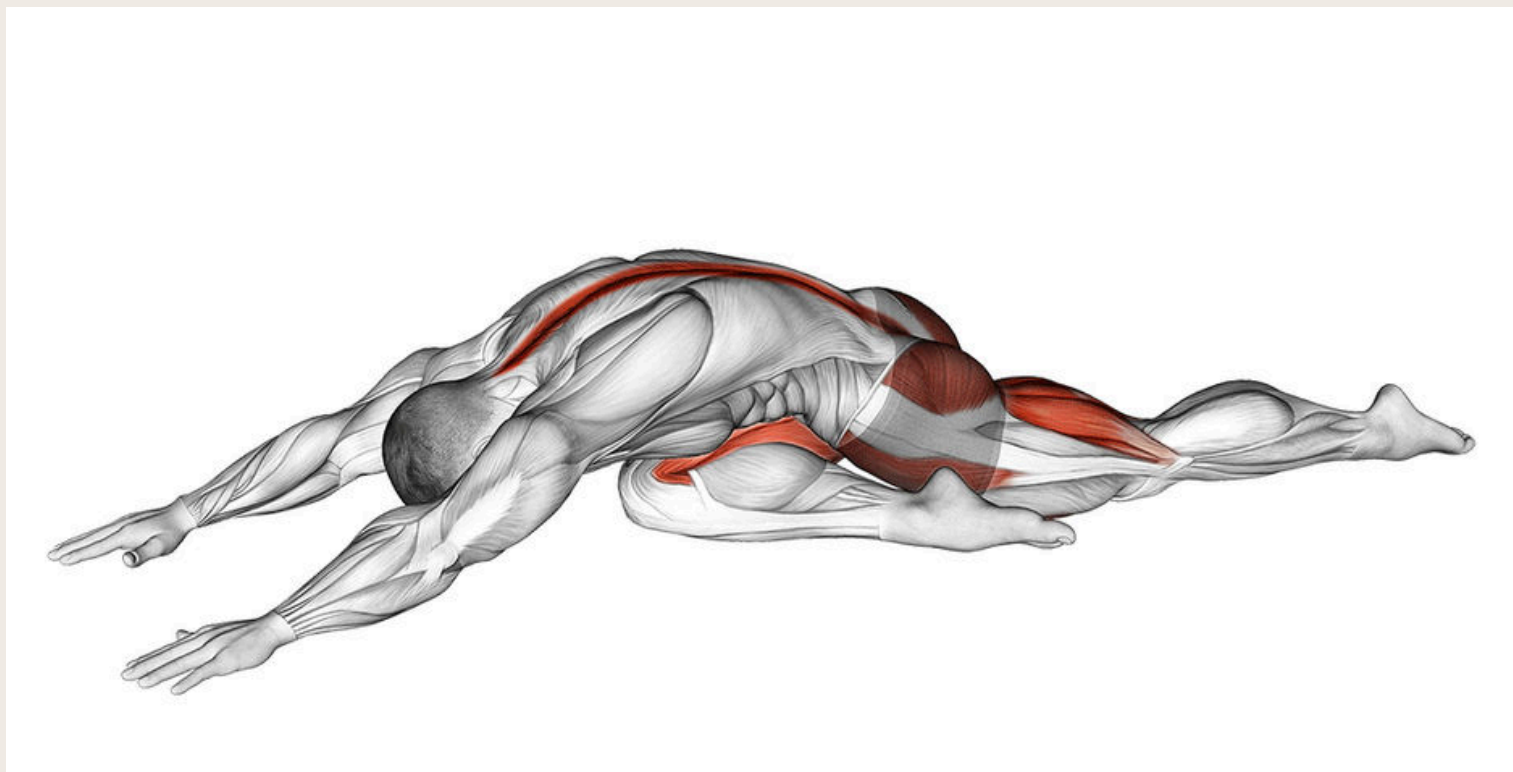
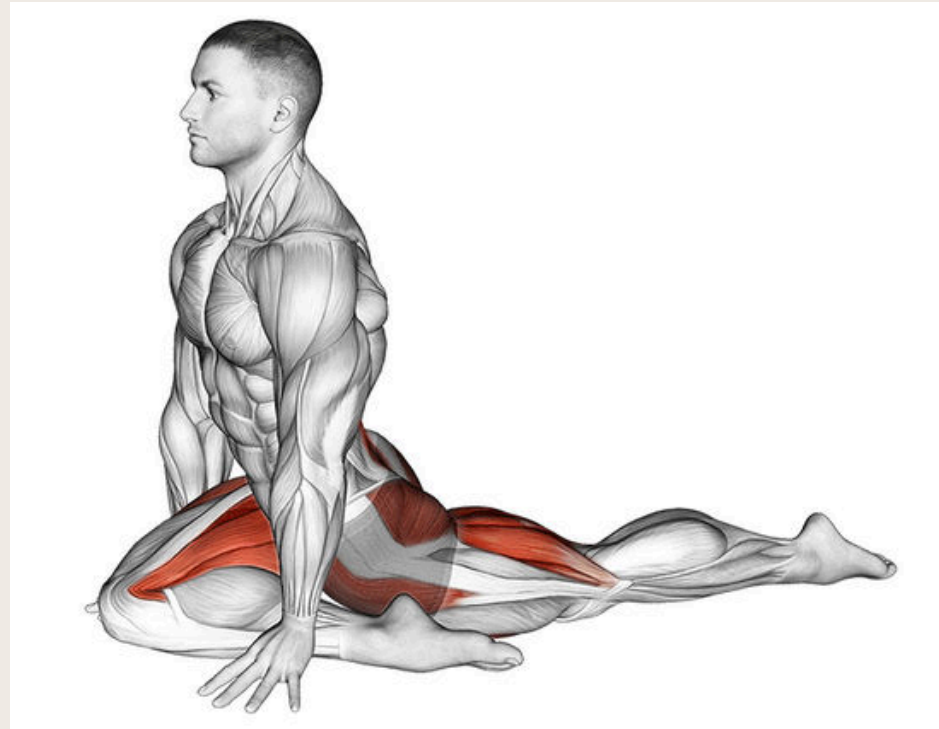
Hip Circles

How to: Standing on one leg, lift up on to your toes while keeping your other foot off the ground. In a circular motion, rotate your entire leg both forwards and backwards for a number of repetitions to loosen up the hips.



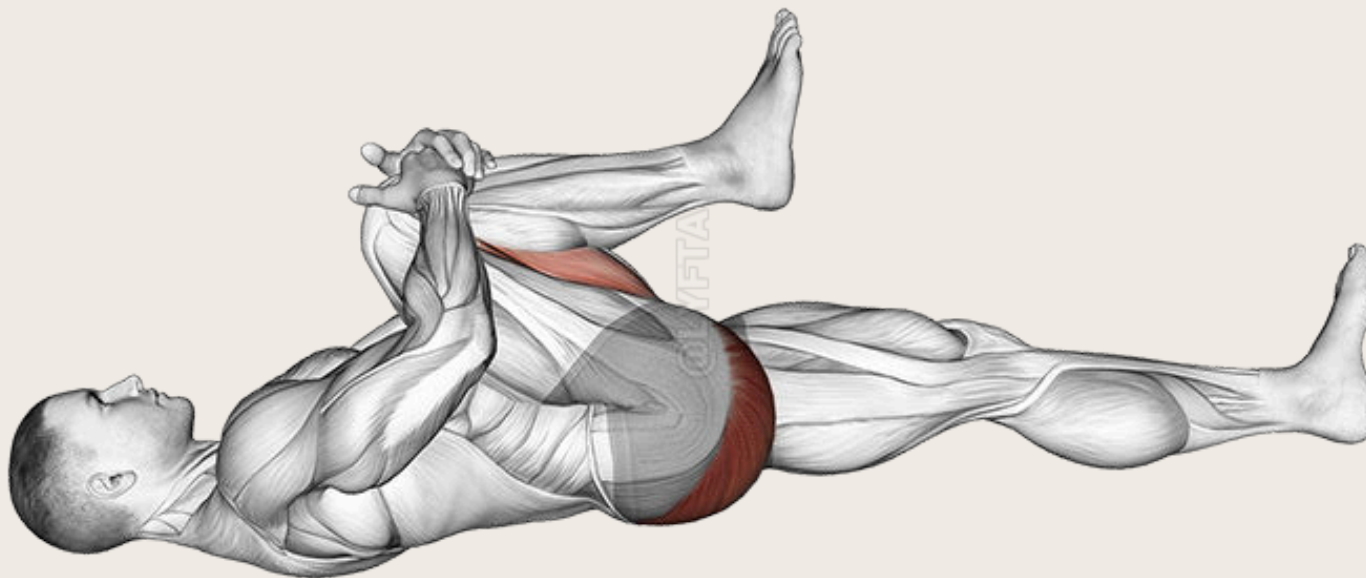
Pigeon Stretch

How to: The pigeon yoga pose requires you to get into a low lunge position with your one leg forward and one leg back. Then, lower your body so that your shin is parallel to the floor. Your other leg should be extended straight behind you, with the top of your foot resting on the floor.



Knee to Chest

How to: Lie on your back with your knees bent and your feet flat on the floor. Bring one knee to your chest, keeping the other foot flat on the floor (or the other leg straight, whichever feels better on your lower back). Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds.



Hamstring stretch

How to: Kneel on one knee and extend your other leg forward, resting on the heel. Reach your hands towards your toes and, keeping the leg straight, begin to lean your torso forward from the hips, keeping the back straight. You should feel the stretch on the back of your extended leg. Hold for at least 15 to 30 seconds and then switch.



Side stretch

How to: Keep your hips, shoulders, and ears in a straight up-and-down line. Raise your right arm overhead and bend your upper body to the left in a reaching motion. Keep your upper body facing straight ahead—don't twist it to the side as you bend.



Lower Extremity

Lateral Lunge

How to: Stand with your feet hip-width apart. Take a big step to the side with your leg, then bend your knee, push hips back and lower until your left knee is bent 90 degrees. This should take around two seconds. Push back to start. Switch sides when complete.



Benefits: Lateral lunges develop balance, stability, and strength. They work your inner and outer thighs. Side lunges train your body to move side to side.

WALKING LUNGES

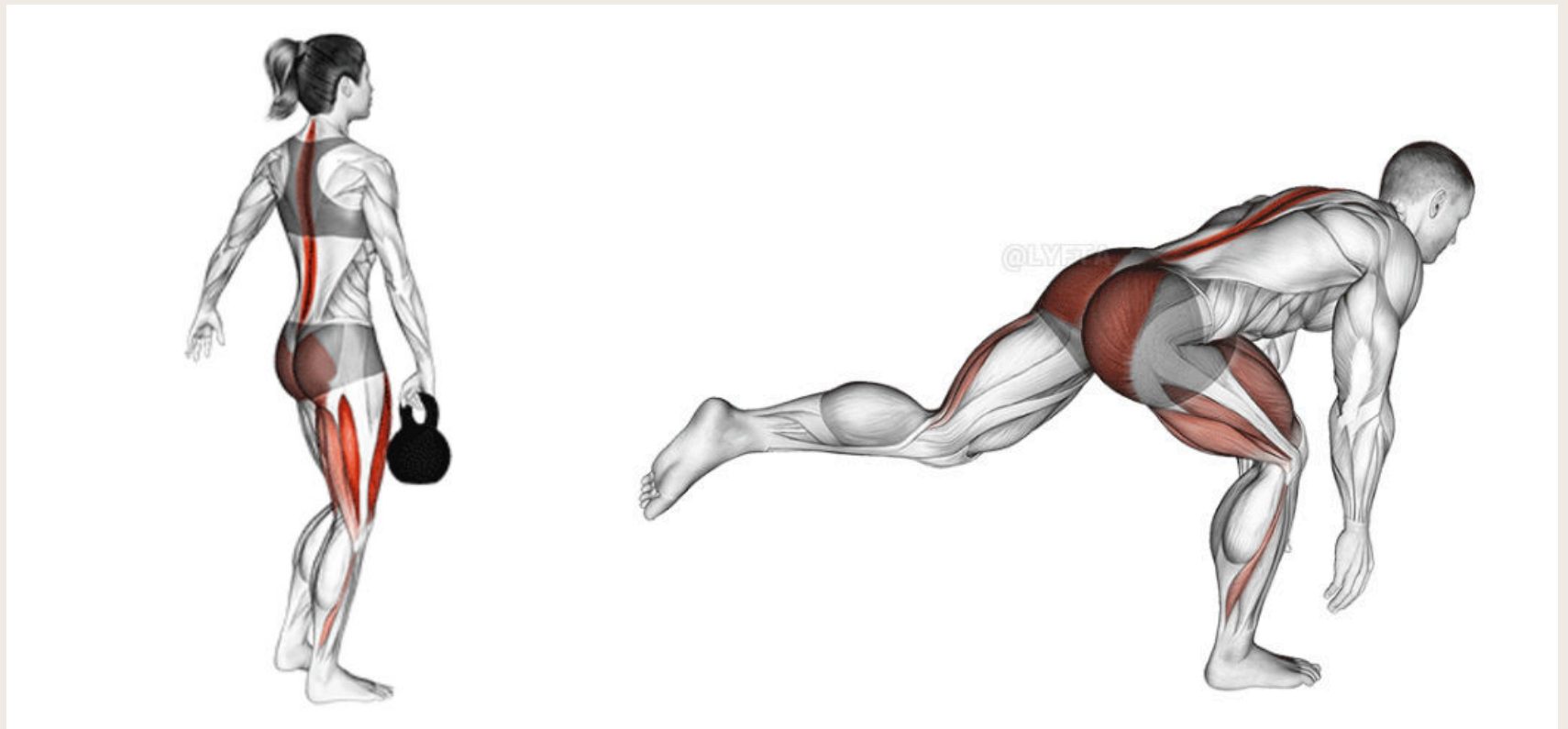
How to: Stand with your feet hip-width apart. Step forward and bend both knees until your knees are bent at a 90-degree angle. Shift forward onto your lead leg. Push off on both legs and step through, lifting your back leg and bringing it forward so your rear foot lands ahead of you in a lunge position. Shift forward again and repeat.



Benefits: Walking lunges help improve your balance and stability by forcing you to support your body weight as you move from one leg to the other. This helps strengthen the muscles of your core, which are essential for keeping your posture upright and helping you stay agile on your feet.

Single leg deadlift

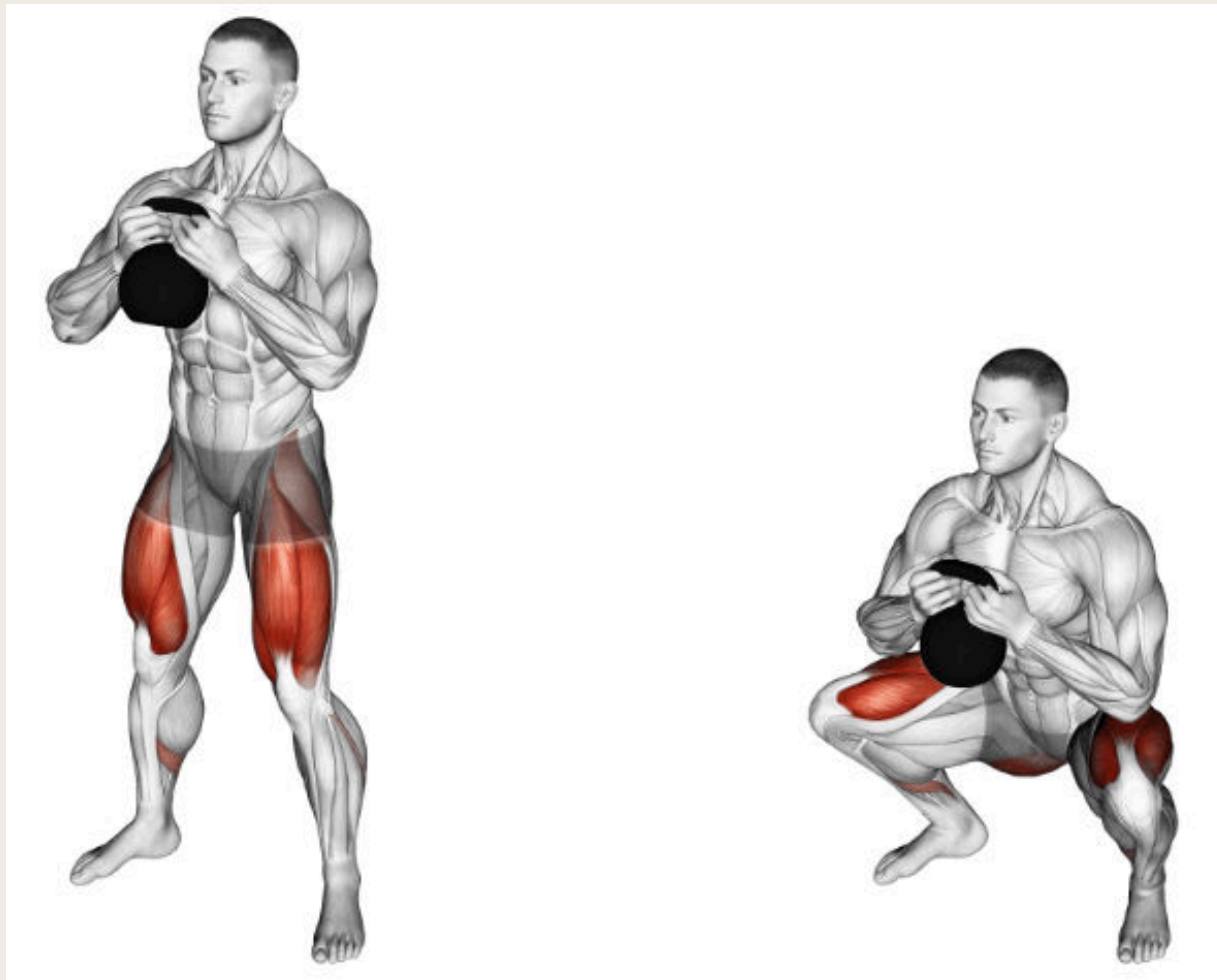
How to: Stand up straight with your feet hip-width apart. Shift your weight onto one leg and slightly bend your knee. Keeping your back straight, hinge forward at the hips while lifting your other leg straight behind you. Lower your torso and lift your leg until your body forms a T shape. Engage your core and squeeze your glutes as you return to the starting position.



Benefits: Single leg deadlifts work the core muscles, helping to strengthen and stabilize the torso while improving spinal stability. The hamstrings help the glutes pull the hips forward during a single leg deadlift. Single leg deadlifts target the hamstrings and gluteus maximus. Single leg deadlifts improve balance and stability in the lower body.

Sumo squat

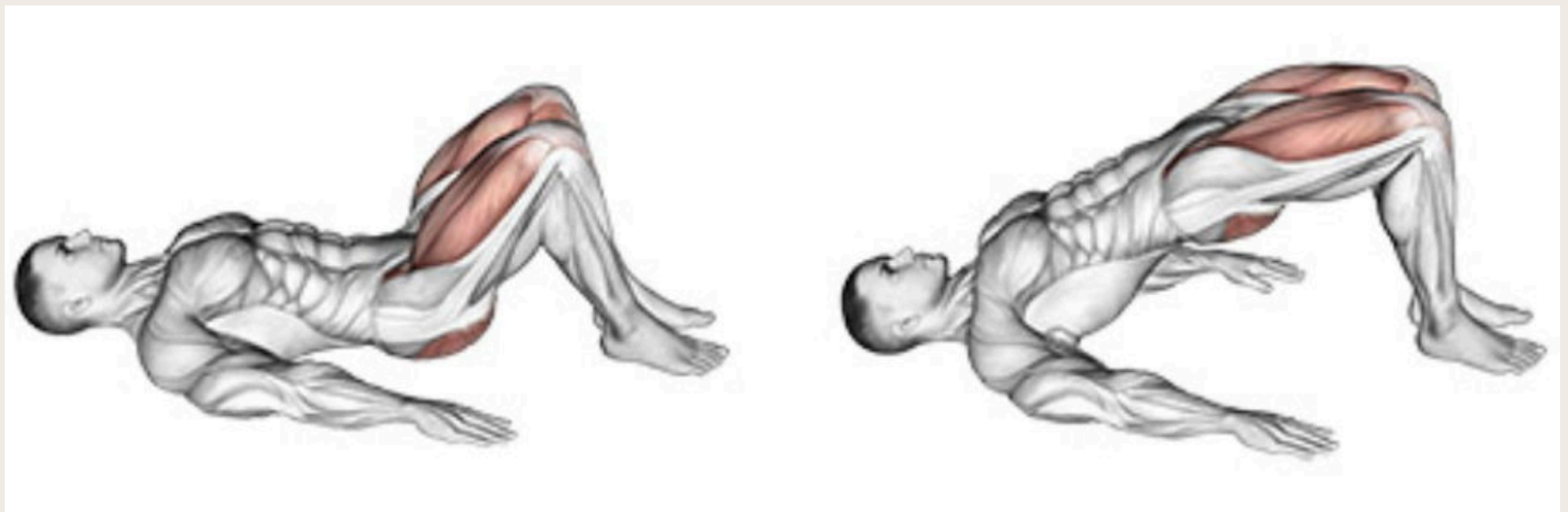
How to: To do a sumo squat, stand straight with your feet wider than shoulder-width apart, toes turned out, and both hands at your sides.



Benefits: Sumo squats help strengthen muscles like the glutes, hamstrings, and quadriceps. The wide stance of sumo squats also activates the adductor muscles in the inner thighs, which can help with balance and stability for everyday movements like walking. Sumo squats can also improve core strength, enhance balance, coordination, and proprioception, and help prevent injury.

Hip Thrust/Bridge

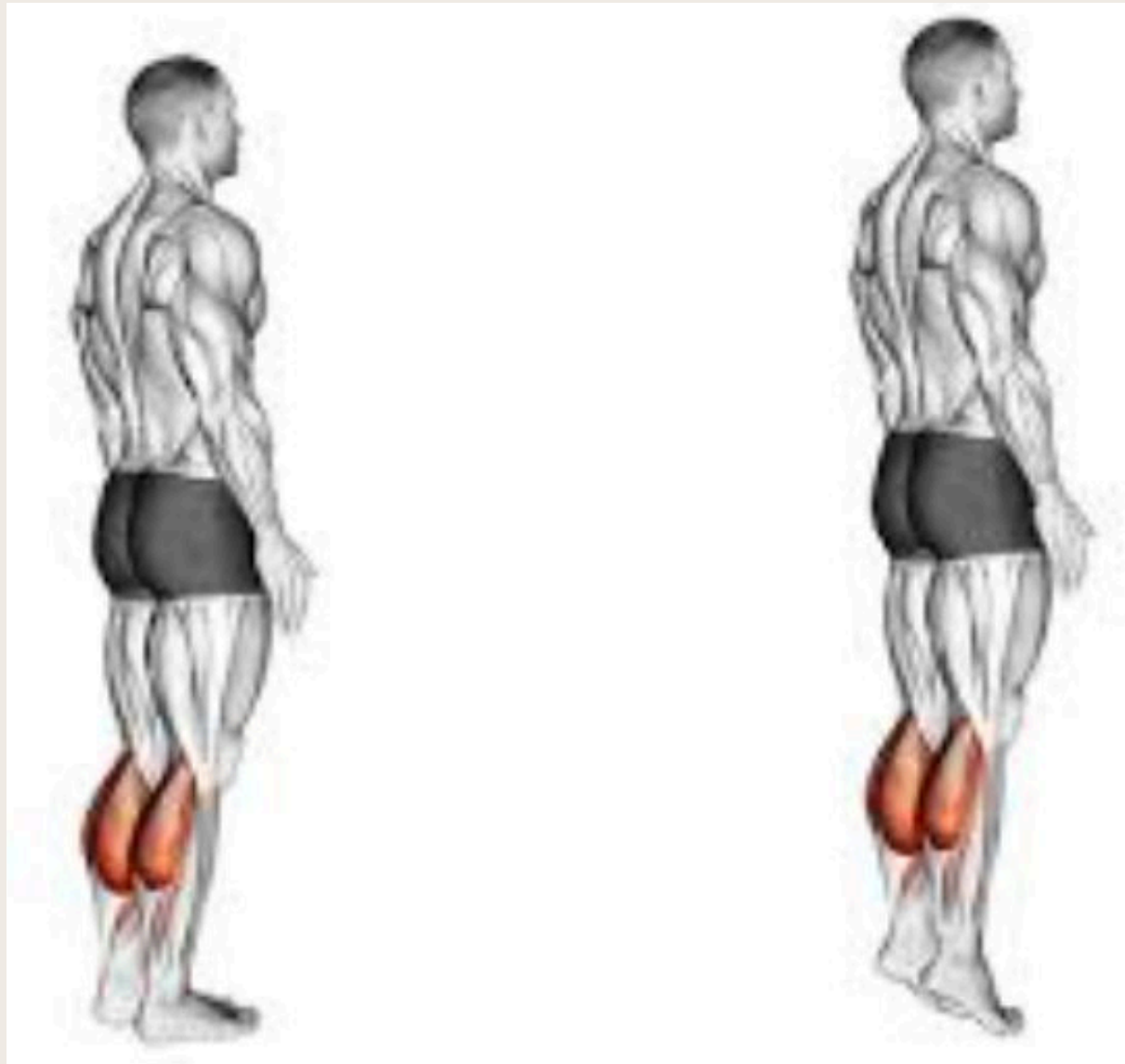
How to: Lie on your back with your knees bent. Tighten the muscles in your stomach. Raise your hips off the floor until they line up with your knees and shoulders.



Benefits: Hip thrusts are used for strengthening and stabilizing important muscle groups, including your core, glutes, hamstrings, hip flexors, and back.

Calf Raises

How to: Stand with your feet hip-width apart. Push through the balls of your feet and lift your heels off the floor as high as you comfortably can. Keep ankles straight. Pause at the top for one second. Lower your heels back down to the floor.

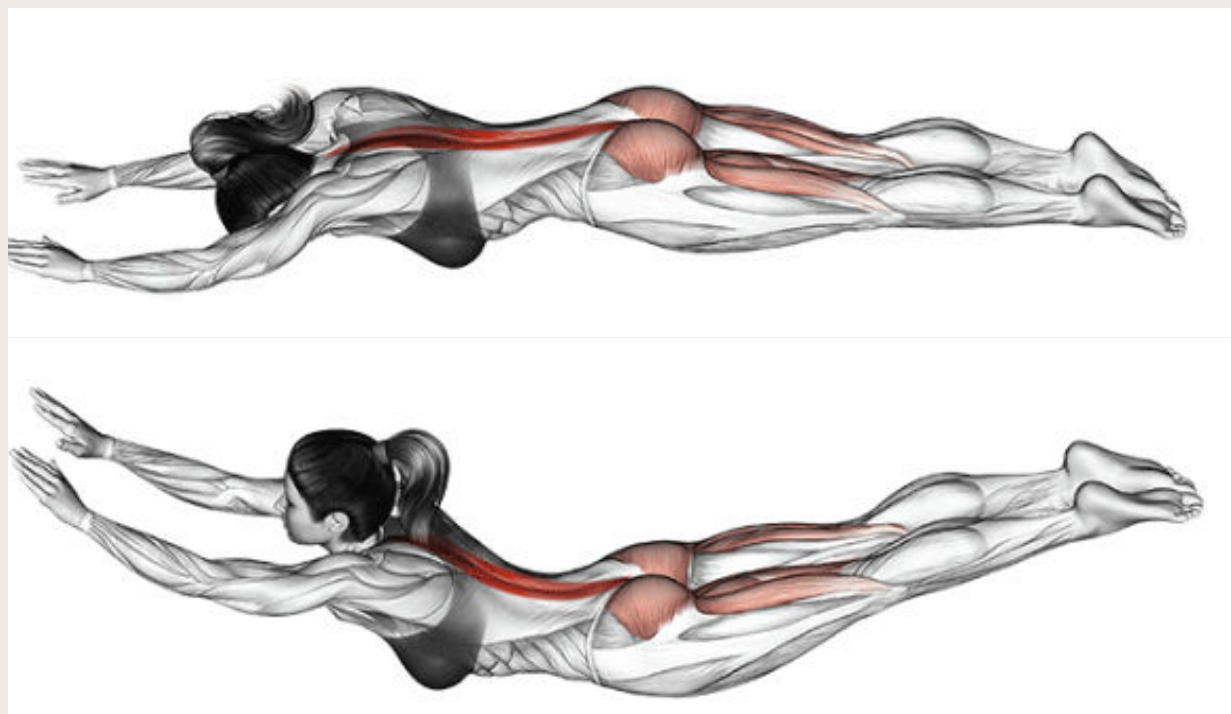


Benefits: Calf raises help strengthen the muscles, tendons, and ligaments in your feet and ankles.

CORE

Superman

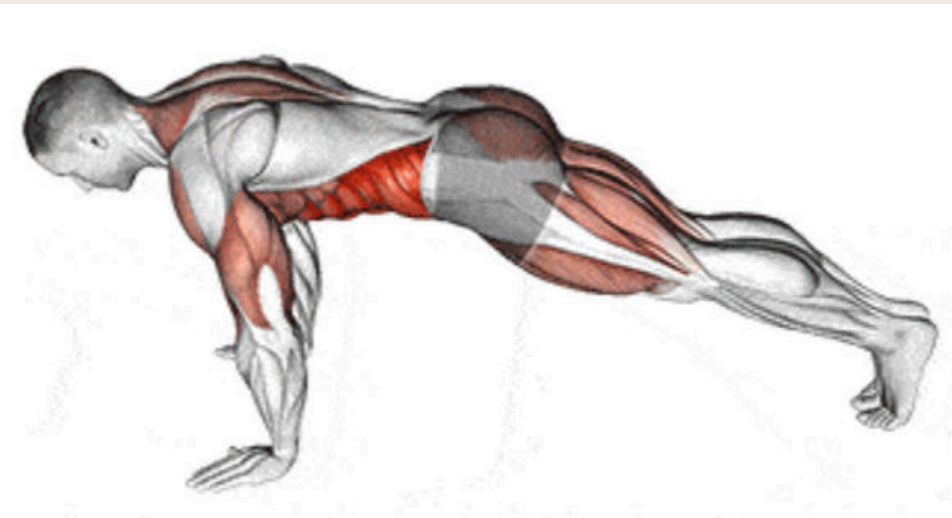
How to: Lie on the floor in a prone (facedown) position, with your legs straight and your arms extended in front of you. Keeping your head in a neutral position (avoid looking up), slowly lift your arms and legs around 6 inches off the floor, or until you feel your lower back muscles contracting.



Benefits: Spinal support, this move strengthens the erector spinae muscles, which provide support to your spine. Posture, strong back muscles can prevent postural deviations that can lead to poor posture and discomfort, such as kyphosis (“hunchback”). Injury prevention, a strong core is important for reducing strain on your lower back, which can lead to pain or injury over time.

Inch worm

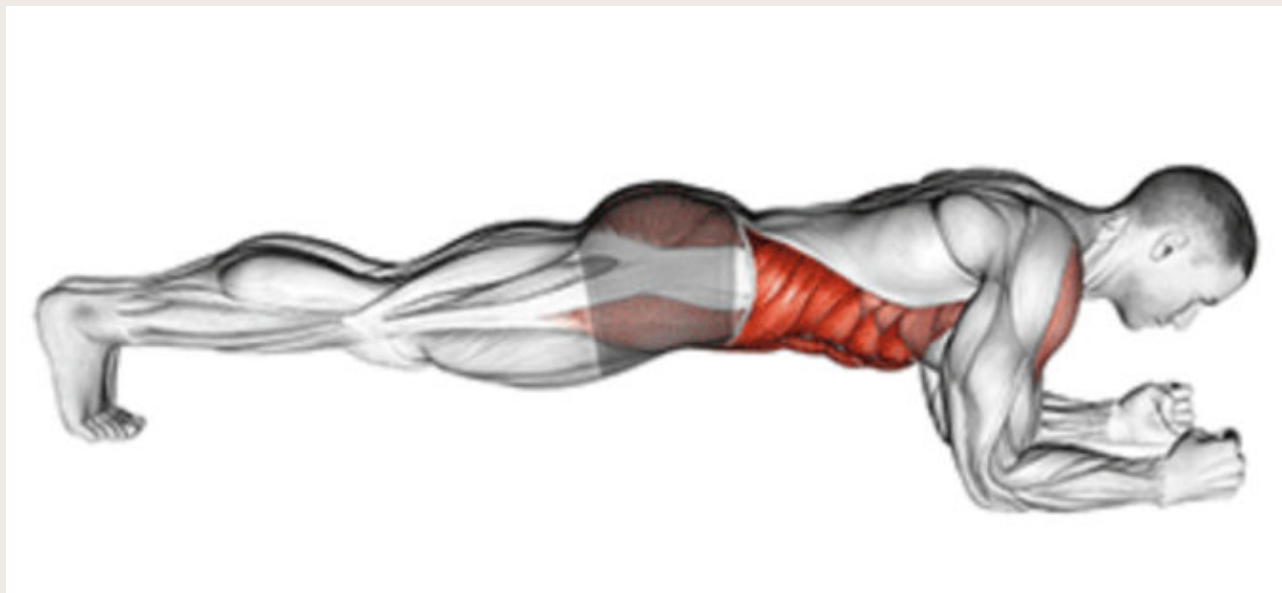
How to: Using your hands as if they were feet, walk your hands forward slowly, going as far as you can. You'll eventually end up in a stretched, extended plank position. Reverse the motion until your hands are touching your toes.



Benefits: Inch worms are used to improve your mobility, help increase your circulation, bolster your core muscles, and strengthen and stretch your muscles.

Plank

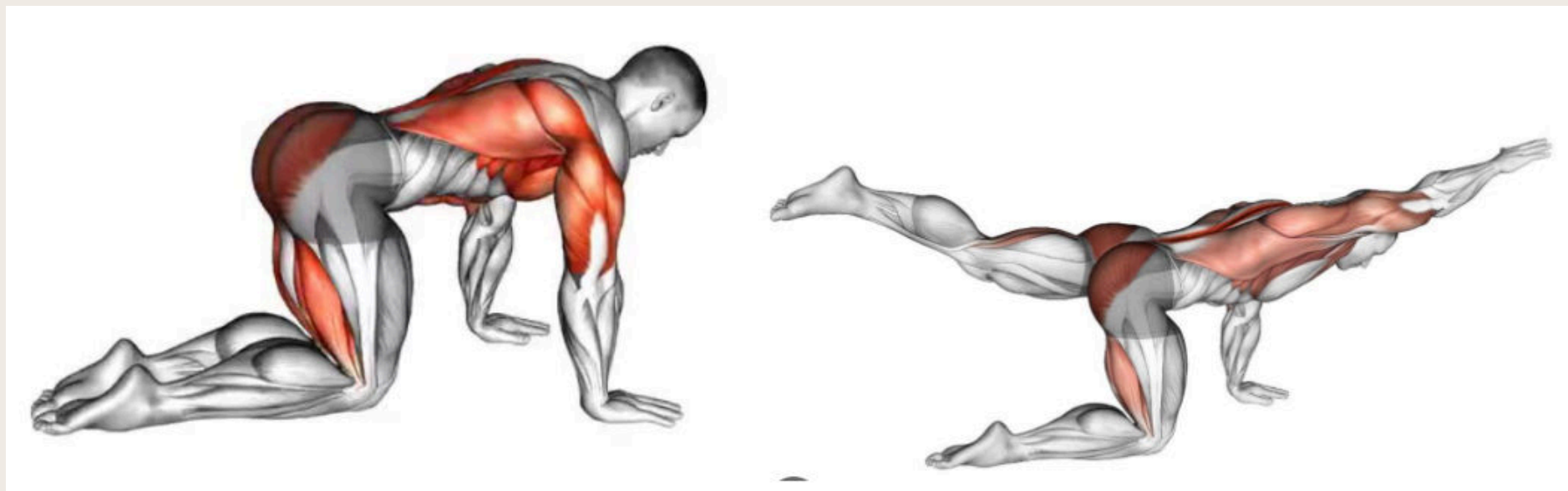
How to: Hold yourself up on the ground with your forearms and toes. Your back and legs should be as straight as possible. Clasp your hands if it helps you balance. Hold for 30 to 60 seconds. Focus breathing deep into your stomach.



Benefits: Planks offer total-body engagement, working the legs, core, back, arms, and shoulders. The isometric exercise can build muscle strength and endurance. Planks don't require equipment and can be done anywhere, making them convenient for people of different fitness levels.

Bird Dog

How to: Starting on hands and knees, point one arm out straight in front and extend the opposite leg behind you, forming a straight line from your extended hand to your extended foot. Keep your hips squared to the ground. If your low back begins to sag, raise your leg only as high as you can while keeping the back straight. Hold for a few seconds, then return to your hands and knees. Keep your abs engaged throughout the entire exercise and work to minimize any extra motion in your hips during the weight shift. Switch to the other side.



Benefits: The bird dog exercise strengthens the core, hips, and back muscles, helps relieve low back pain, and promotes proper posture. It targets the whole body for an increased range of motion.

Crunches

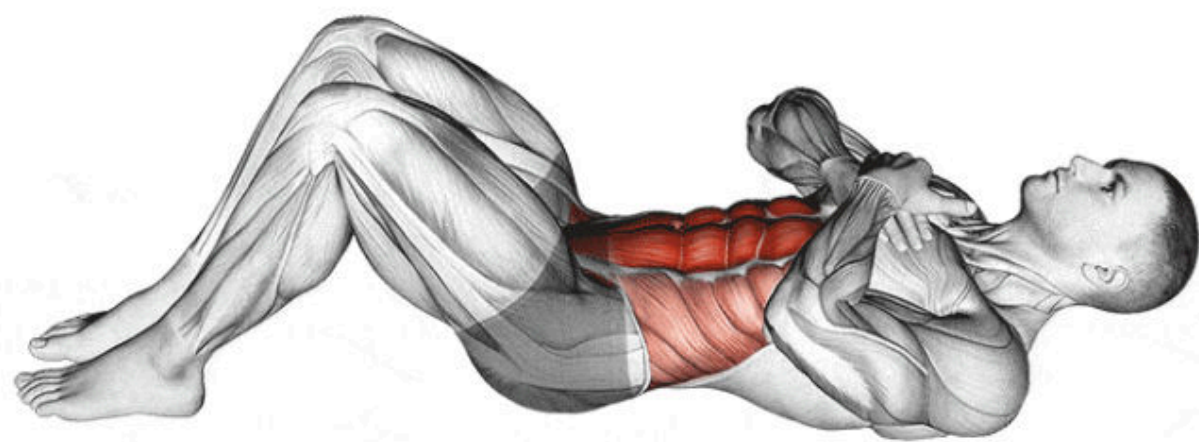
How to: Lie flat on your back with your knees bent and feet flat on the floor. Lock your fingers behind your head.. Engage your abs, lift your head and shoulders off the floor, and hold the position for 1–2 counts. Then, slowly lower yourself back down.



Benefits: Crunches are ideal for strengthening your core, which includes your lower back muscles and obliques.

Sit ups

How to: Lie flat on your back with your knees bent and feet flat on the floor. Cross your hands over your chest. Engage your abs, sit up until you reach your knees, and hold the position for 1–2 counts. Then, slowly lower yourself back down.



Benefits: Sit ups are ideal for strengthening your core, which includes your lower back muscles and obliques.

Upper Extremity

Pushups

How to: Tighten your core and slowly bend your elbows and lower yourself to the floor, until your elbows are at a 90-degree angle. Exhale while contracting your chest muscles and pushing back up through your hands, returning to the start position.



Benefits: Push-ups are beneficial for building upper body strength, reducing the risk of cardiac events, and improving body composition.

Tricep Dips

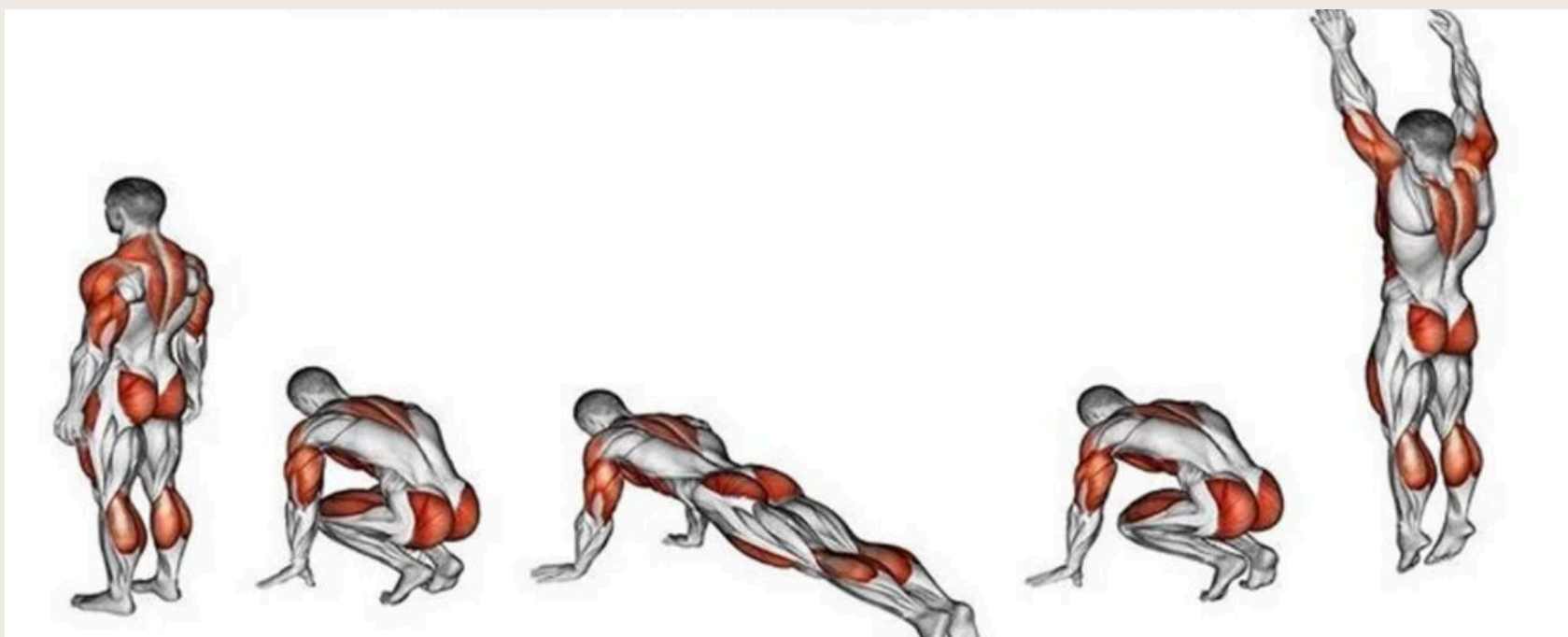
How to: Sit on the edge of a stable chair, weight bench, or step and grip the edge next to your hips. Press into your palms to lift your body and slide forward just far enough that you clear the edge of the surface. Lower yourself until your elbows are bent between 45 and 90 degrees. Control the movement throughout the range of motion. Push yourself back up slowly until your arms are almost straight, and repeat.



Benefits: Tricep dips improve your overall upper body strength, which can help with everyday activities and other exercises.

Burpees:

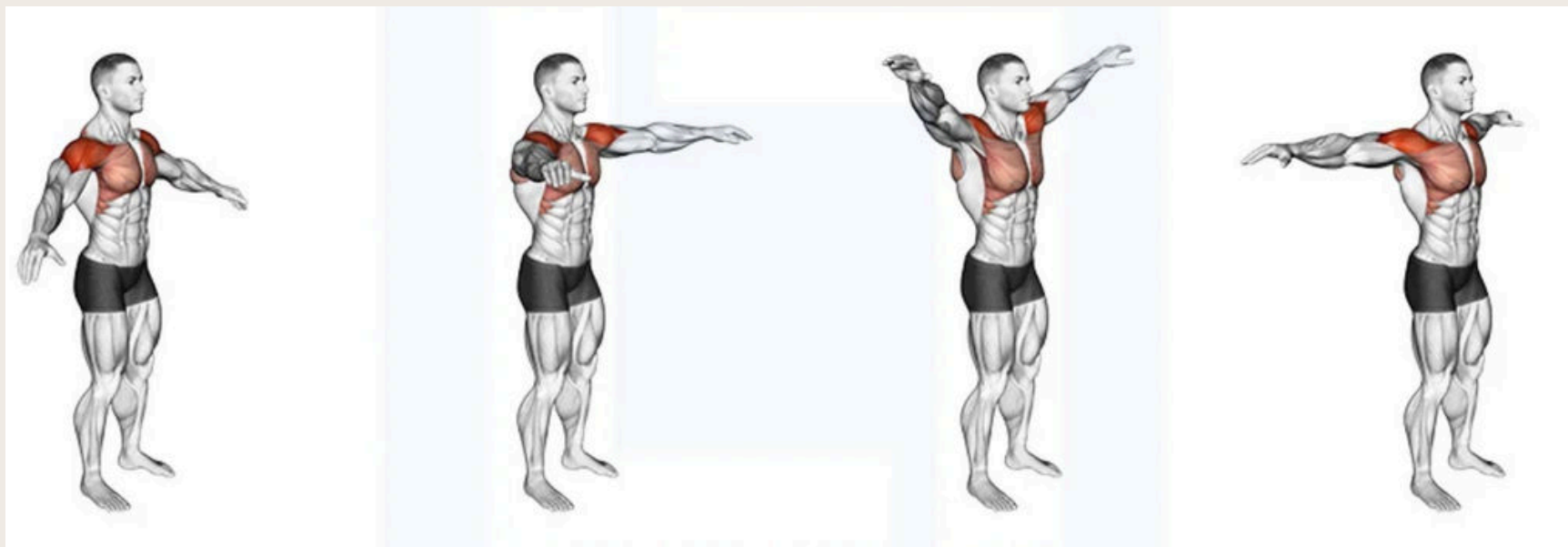
How to: Begin in a standing position with your feet shoulder-width apart. Keep your back straight, your chest out and your arms at your sides. Jump into a squat and keep your feet flat on the floor. Place your hands on the floor in front of your feet. Kick your legs back into a high plank position. Your body should be in a straight line from shoulders to heels. Lower toward the ground similar to a push-up. Keep your body straight and your core tight. Return to a squat position. Then jump! Reach your arms up as you launch toward the ceiling. Land in the original standing position and restart the process.



Benefits: Burpees aims to build muscle strength and endurance in both your lower and upper body. A standard burpee exercise works to strengthen the muscles in your legs, hips, buttocks, abdomen, arms, chest, and shoulders.

Arm Circles:

How to: Stand upright with your feet shoulder-width apart or sit in a chair with your back straight and your feet on the floor. Move your arms in a forward circle 10 times. Move your arms in a backward circle 10 times. Repeat.



Benefits: Arm circles can really work on toning the muscles in your shoulder and arm. They also work on your upper back muscles