

AT HOME WORKOUT

PRESENTED BY UTTC HEALTH PROMOTIONS

IN LIGHT OF THE RECENT COVID-19 PANDEMIC, UTTC HEALTH PROMOTIONS WOULD LIKE TO PROVIDE YOU WITH SIMPLE & EFFECTIVE WORKOUTS THAT CAN HELP YOU STAY IN SHAPE!

LEG ROUTINE

1A. AIR SQUATS (15-20 REPS), 30 SEC. BREAK

1B. WALL SITS (15-20 SECS), 30 SEC. BREAK

2. HAMSTRING WALK (10-15 REPS), 30 SEC. BREAK

3. HIP THRUSTS (15-20 SECS), 30 SEC. BREAK

4. CURTSEY LUNGES (8-10 EACH LEG), 30 SEC. BREAK

5. LEG KICKBACKS (10-15 EACH LEG), 30 SEC. BREAK

6. CALVE RAISES (10-15 EACH LEG), 30 SEC. BREAK



WORKOUT



OF REPS



REST TIME

REPEAT EACH EXERCISE 3X, OR 3 SETS
ADVANCED MAY PERFORM 5 SETS INSTEAD OF 3