



Hilton Head Health



QUICK AND EASY 30-MINUTE FULL BODY ROUTINE

Do the following moves in consecutive order for 1 minute each, with a 15-20 second rest period between each exercise. Repeat the entire circuit 2 times for an entire workout session of about 30 minutes.

WHAT YOU WILL NEED:

Dumbbells (if you don't have dumbbells - get creative! You can use items around the house like canned goods!)

WARM UP

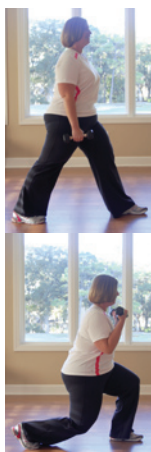
6 MINUTES

Begin with a 6 minute Cardio warm up: start with 2 minutes easy pace, 2 minutes moderate, and the last 2 minutes hard (breathing heavily). You can do this by going on a walk around the block or jogging in place, whatever works for you. Then, complete each exercise in the circuit for 1 minute, resting for 15-20 seconds between exercises. Complete the entire circuit 2 times.

LUNGE WITH BICEP CURL

1 MINUTE

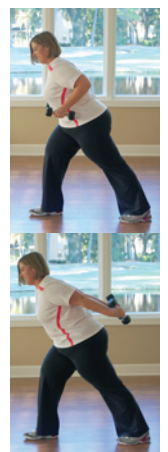
1. Stand with legs about shoulder width apart
2. Take your left leg back and slowly lower into lunge (front and back legs at 90 degrees) at the same time and curl forearms towards shoulders (bicep curl)
3. Bring left leg back to stance position
4. Repeat with other leg



BENT OVER ROW WITH TRICEP KICKBACKS

1 MINUTE

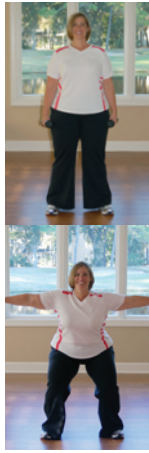
1. Stand with legs shoulder width apart
2. Bend over to 45 degrees, keeping abs in and back flat.
3. Bend elbows and bring weights towards the rib cage
4. Straighten elbows while squeezing the triceps.



NARROW-STANCE SQUAT WITH LATERAL RAISE

1 MINUTE

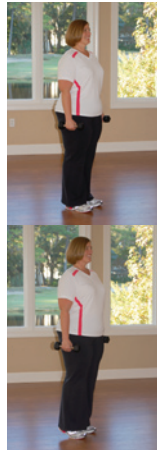
1. In narrow stance, lower into squat (keep knees behind toes)
2. Lift the arms straight out to shoulder level, keeping elbows slightly bent, and abdominals pulled in.
3. Come back to starting position



CALF RAISES

1 MINUTE

1. Stand with your feet shoulder width apart
2. Shift weight to balls of feet and push up
3. Slowly lower back into standing position



PLANK WITH LEG EXTENSION

1 MINUTE

1. Lower yourself onto the floor and get in plank position (you may also choose to rest on your forearms to relieve wrist pressure)
2. Slowly lift one leg while keeping hips and shoulders square and keeping your abs in.
3. Hold for 30 seconds
4. Switch legs

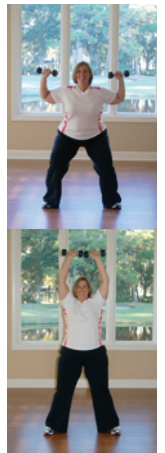


SQUAT WITH OVERHEAD PRESS

1 MINUTE

1. Stand with feet hip distance apart
2. Hold weights over shoulders
3. Lower into squat (keeping knees behind the toes)
4. Push through the heels into standing position while lifting weights straight up

** Options for those with knee limitations—use a chair and sit up and down to relieve pressure on the knees*



PUSH UP

1 MINUTE

1. Lower yourself into push up position (you can be on your knees or toes)
2. Bend elbows and slowly lower into push up until elbows are at 90 degrees, (keep your abs pulled in)
3. Push up to starting position.



CLASSIC CRUNCH

1 MINUTE

1. Lie on floor making sure your lower back is pressed against the ground (your lower back should stay on the floor for the entire motion)
2. Fold your arms over your chest into an “x”
3. Bend your knees, keeping bottoms of your feet on the floor at all times
4. Lift upper portion of body off the floor (stop when shoulder blades are no longer touching the floor)
5. Slowly lower back to the floor



MAKING IT EASIER

PERFORM ONLY ONE CIRCUIT, OR DO EACH EXERCISE FOR 30 SECONDS OR 1 MINUTE INSTEAD OF 2 MINUTES

MAKING IT HARDER

PERFORM THREE CIRCUITS