Activities from the comfort of your home!

Here are some ideas to help you achieve your daily physical activity goal in the cold weather:

- **Stretch for 3-5 minutes**
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 40 Jumping Jacks
  - 15 Supermans
  - 15 Squat Jumps
  - 10 Straight leg sit-ups
- **60 minute brisk walk**
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 60 Jumping Jacks
  - 20 Reverse Lunges
  - 20 Plank Jacks
  - 10 Tricep Dips
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 60 Jumping Jacks
  - 15 In & Out Jump Squats
  - 20 Skier Sit-Ups
- **Complete 10 Squats and 10 push-ups every time you go to the bathroom or during every commercial and/or new episode**
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 10 Burpees
  - 20 Alternating Curtsey Lunges
  - 8 Push-Ups
  - 10 Leg Raises
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 10 Butt kicks (right)
  - 10 Butt kicks (left)
  - 10 Fire hydrants (right)
  - 10 Fire hydrants (left)
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 40 High Knees
  - 8 Single Leg Dead Lifts (right)
  - 8 Single Leg Dead Lifts (left)
  - 15 Glute Bridges
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 5 Jumping Knee Tucks
  - 10 Sumo Squat w/ calf raise at top
  - 20 alternating superman’s
  - 15 Pulse-Ups
- **3 Sets of 20 Bicep Curls with cans or jars in each hand**
- **Go to Youtube and search for a yoga session & complete the full session!**
- **Hold a Plank for as long as you can, 3 times throughout the day**
- **Hip/Glute Circuit (complete all exercises 3 times):**
  - 10 Butt kicks (right)
  - 10 Butt kicks (left)
  - 10 Fire hydrants (right)
  - 10 Fire hydrants (left)
- **Hip/Glute/Ab Circuit (complete three times through):**
  - 10 Bird Dogs (right)
  - 10 Bird Dogs (left)
  - 20 Plank Leg Raises
  - 20 Alternating Leg Raises
  - 10 Glute Bridges
- **Plank Circuit (complete three times through):**
  - 1 minute forearm or high plank
  - 30 seconds forearm or high side plank (right)
  - 30 seconds forearm or high side plank (left)
- **Shovel snow or make a snowman!**
- **5-10 minutes of continuous walking up and down your stairs at home**
- **Stretch for 3-5 minutes**
- **Repeat the below circuit as many times through as you can in 10 minutes:**
  - 1 minute forearm or high plank
  - 30 seconds forearm or high side plank (right)
  - 30 seconds forearm or high side plank (left)
- **Hold a Plank for as long as you can, 3 times throughout the day**