



Living Room Boot Camp

Before You Begin

Sets & Repetitions

Listed as a general guide, alter the amount and number of reps to suit your own fitness/strength level. Add additional repetitions or sets as you get stronger.

Safety

First and foremost, do not perform activities that feel uncomfortable. If you have pre-existing conditions, talk with your doctor.

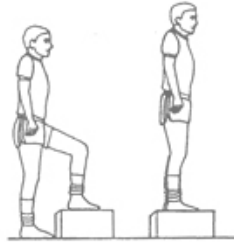
Warm-Up

At Least 5 Minutes

Walk or Jog, climb up and down stairs, jump rope, do jumping jacks, use any home cardio equipment. Anything that gets the blood pumping counts!

Modifications

Modifications can include any of the following, reducing or eliminating weight, slowing down movements, decreasing repetitions, reducing range of motion or reducing impact. Visit [**DAREBEE**](#) for common modifications.



Step-Ups

Quads, Glutes, Hamstrings, Hip Flexors, Calves

Reps: 10-12 Per Leg

- › Find a platform to step up on.
- › Place right foot in the middle of the step and step up as you balance your body.
- › Repeat with left leg leading.
- › Variation: do all reps on the right leg, then do left leg.

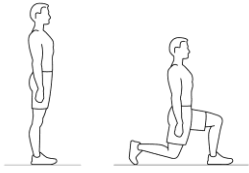


Push-Ups

Chest, Triceps, Shoulder, Core

Reps: Max

- › Knees can be down, or you can be in plank position (straight legs).
- › Lie on chest with hands at shoulder level, palms flat on floor and slightly wider than shoulder width apart.
- › Feet should be together and parallel with each other.
- › Looking forward rather than down, straighten arms and push body off the floor.
- › Lower body until chest touches the floor. DO NOT bend your back; Pause for a moment.
- › Begin straightening arms for second push-up.
- › Exhale as you raise your body.

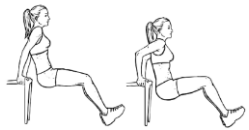


Lunges

Glutes, Hips, Thighs

Reps: 10–12 Per Leg

- › Stand with feet shoulder width apart.
- › Step forward with left foot behind the toes and lower straight down. Knee should come close but not touch the floor.
- › Keep torso straight as you raise back up.
- › Don't lock knees at the top of this exercise.



Chair Dips

Triceps, Deltoids, Chest

Reps: 8–12

- › Stand in front of the chair, face away from the chair's seat.
- › Sit on edge of chair and place hands behind hips; Hands should be shoulder width apart.
- › Lift off the seat and walk feet forward.
- › Keep chest elevated and head up.
- › Lower body downward. Elbows should bend to an angle at least 90 degrees.
- › Extend arms, raising body upward.
- › You should be supporting the weight of your body with your arms.



Bicycle Crunches

Abdominals, Obliques

Reps: 12–16

- › Lie flat on the floor with lower back pressed to the ground.
- › Put hands beside your head.
- › Raise knees to a 45-degree angle and slowly repeat a bicycle pedal motion.
- › Using abdominal muscles, lift upper body, touch left elbow to right knee, then right elbow to left knee.



Lying Torso Raise

Lower Back

Reps: 10–12

- › Lie face down on floor.
- › Slowly raise upper body until chest is a few inches off the floor.
- › Pause at the top of the lift, then slowly return to starting position.

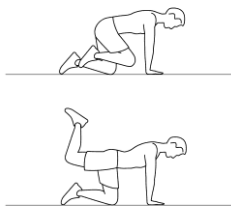


Squats

Glutes, Hamstrings, Quads, Calves

Reps: 12-15

- › Stand with feet hip-width apart, toes facing straight ahead or angled slightly outward.
- › Slowly bend knees and lower towards floor, keeping torso straight and abs pulled tight.
- › Keep knees behind toes, make sure knees and feet are pointing in the same direction.
- › Do not drop lower than a 90-degree angle.

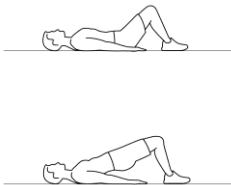


Bent Leg Raise

Glutes

Reps: 10-12 Per Leg

- › Lower to hands and knees, tighten abs to brace lower back.
- › Lift one leg up, keeping knee at 90-degree angle throughout the movement.
- › Keep lifting leg until bottom of foot faces the ceiling and the hip, thigh, and knee are all in alignment and parallel to the floor. Be sure to keep back and neck straight.
- › Lower leg and repeat.



Glute Bridge

Glutes, Abdominals

Reps: 12-16

- › Lie on back with knees bent, feet flat on the floor, and arms next to sides.
- › Contract abdominal muscles and glutes and raise hips off floor.
- › Hold for three counts and lower back down and repeat; Avoid arching your back.
- › To increase difficulty, do not allow glutes to touch the floor during repetitions.



Wide Sumo Squats

Glutes, Inner Thighs

Reps: 12-16

- › Stand with feet wider than shoulder width apart and toes pointed out.
- › Keeping chest up and abs tight, squat downwards.
- › Pause slightly at the bottom and squeeze glutes to rise back up.



Side Planks

Abdominals, Glutes, Obliques

Reps: 12-16 Per Side

- › Lie on right side with legs extending, stacking legs one on top of the other.
- › Place right elbow directly below shoulder.
- › Contract core muscles and lift hips and knees off the floor.
- › Shoulders, hips, and knees should be aligned.
- › Hold plank, return to starting position, then repeat.
- › Complete all reps, then switch to left side.