



5 DAYS OF
**At-Home
Workouts**

USING HOUSEHOLD ITEMS



“ Physical activity looks different for everyone! In fact, it is the little habits that you do every day that have the most impact on how many calories are burned. ”



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& CERTIFIED PERSONAL TRAINER

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Monday

ITEMS NEEDED:
GALLON JUG + CANNED GOODS



Upper Body

1 UPRIGHT ROWS (6-10 repetitions)

1. Stand tall, feet shoulder width apart. Hold the handle of your "weight" with both hands, palms facing the body.
2. Without bending your wrist and while keeping your back straight and chest high, bring the weighted item to chest.
3. Then, bring it back down between your legs. Repeat.

2 ONE-ARM OVERHEAD PRESS (6 repetitions)

1. Begin by holding one can in each hand.
2. Bring your elbows up to shoulder height, palms facing out.
3. Raise one arm to the sky and back to starting position, then repeat on the other side.



Lower Body

1 KETTLEBELL SWING (6-10 repetitions)

1. Stand tall, hips shoulder width apart with a slight bend in the knees.
2. Hold your "weight" with both hands, allowing it to hang between your legs.
3. Allow this weight to swing between your knees and all the way up as you stand tall (with a flat back) and squeeze glutes at the top.
4. Repeat this motion.

2 GOBLET SQUAT (10 repetitions)

1. Position your feet wide, in a plie position.
2. Hold your weight with both hands in front of your chest, palms facing each other.
3. Sink into a squat, then rise back up. Repeat.



Core

1 TRUNK ROTATION (8-10 repetitions)

1. Hold can or jug at your chest level, close to your body, while standing. Position your arms at 90 degrees.
2. Rotate left, center, right, center to complete one repetition.

2 SIDE OBLIQUE CRUNCH (8-10 repetitions)

1. Stand tall, holding your can or jug in one hand; place the other arm behind your head.
2. Staying in line with your shoulders, slowly lean the body towards the weighted side. Allow your opposite oblique muscle to pull you to the standing position.
3. Repeat this movement as desired, then switch the weight to the opposite arm and repeat.



Cardio

1 HIGH KNEE RUN (30 seconds)

For 30 seconds, run or march in place, bringing your knees up to chest level.

*speed will be dependent on your cardio fitness level.

Tuesday

ITEMS NEEDED:
BED & SUITCASE



Upper Body

1 ONE-ARM ROW (6-8 repetitions)

1. Stand tall and place one leg in front of the other in a slight lunge position.
2. Rest your left forearm on your left knee, leaning forward with a flat back.
3. Use your right arm to grip the handle of a suitcase and row, keeping the elbow and hand close to the ribcage.
4. Repeat as desired, then switch sides.



Lower Body

1 BED KNEELS (6-10 repetitions)

1. Stand tall at the edge of a bed. Kneel your right knee up onto the bed, then left knee onto the bed.
2. Return to the initial position by lowering the right foot down to the floor, then left foot down to the floor.
3. Repeat motion.

2 LEG FLUTTER (30 seconds)

Position yourself face-down onto the bed with your legs hanging off the edge. Keeping your glutes engaged, perform small flutter kicks.



Core

1 ROCK N' ROLL (10 repetitions)

1. Stand at the foot of a bed, facing the opposite direction.
2. Roll backwards onto the bed, simultaneously tucking your knees to your chest.
3. Return to your initial standing position by rolling forward.
4. When your feet reach the ground, reach arms to the sky and perform a small hop before repeating movement.

2 LOW PLANK STEPS (30 seconds)

Position your elbows onto the edge of the bed as your feet extend backwards onto the floor. Hold a full plank position until the desired amount of time has been achieved.



Cardio

1 WEIGHTED MARCH (30 seconds)

Holding your suitcase overhead & run or jog in place for at least 30 seconds.

Wednesday

ITEMS NEEDED:
WALL & CHAIR



Upper Body

1 TRICEP PUSHUPS (8-10 repetitions)

1. Stand at counter or behind a chair in a staggered position. Place both hands onto the edge of the surface.
2. Position your elbows inward, touching the sides of your body.
3. Lower your body weight into your hands as the center of your chest meets the edge of your counter or chair.
4. Push away slowly as you extend and straighten your arms.



Lower Body

1 WALL SIT (30 seconds - 1 minute)

1. Stand with your back against wall.
2. Lower yourself into a seated position with your legs at a 90 degree angle.
3. Hold position for your desired amount of time.

2 CALF RAISES (20 repetitions)

1. Stand behind a chair and lightly balance yourself with your fingertips.
2. Raise onto your toes, then back down to your heels.
3. Repeat.



Core

1 SEATED CROSS CRUNCH (8-10 repetitions)

1. Sit in a chair, holding the seat with one hand. Position your opposite hand behind your head.
2. Lift knee to your elbow on the opposite side in a cross-motion crunch.
3. Complete desired amount of repetitions, then mirror on other side.

2 OBLIQUE LIFTS (8-10 repetitions)

1. Sit in the center of your chair with your back straight. Hang your arms to the sides of your body.
2. Focus on your oblique muscle on the left side as you lean to the right and reach your right hand to the floor.
3. Return to the starting position and mirror the same action on the opposite side. Repeat.



Cardio

1 SEATED MARCHES (30 seconds)

While sitting in a chair, march the legs and pump the arms as if you were running.

2 SEATED HALF-JACKS (30 seconds)

1. Begin in a seated position, reaching your right leg to the right side of the chair and right arm overhead.
2. Return right arm and leg to the initial seated position, then repeat the movement on the left side.
3. Continue alternating sides of the body until the desired time limit has been achieved.

Thursday

ITEMS NEEDED:

COOKING POT OR OTHER ELEVATED SURFACE
& CANNED GOODS



Upper Body

1 BICEP CURL (6-8 repetitions)

1. Hold a can in each hand, facing your palms away from the body.
2. Fold your right arm towards your right shoulder, squeezing your bicep at the top.
3. Bring arm back down to your side, then repeat the movement on the left.
4. Together, bring both arms up towards their respective shoulders.
5. Repeat the motions of right, left, & together (1 repetition).

2 LATERAL ARM LIFT (6-8 repetitions)

1. Hold a can in each hand with your arms down at each side, palms facing your body.
2. With your elbows slightly bent, raise both arms toward the ceiling (not higher than your shoulders) and back down to your side.
3. Repeat.



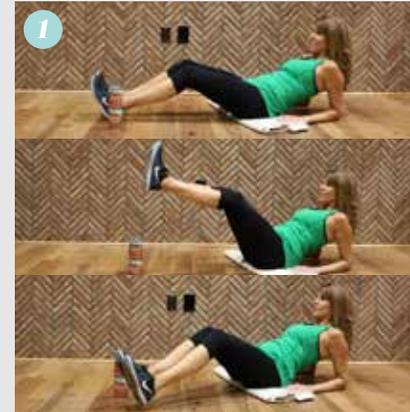
Lower Body

1 STEP UPS WITH KNEE RAISE (8-10 repetitions)

1. Position a cooking pot upside-down on a non-slip surface. Alternatively, use a low, table or any elevated stable surface.
2. Step your right foot up, bringing your left knee towards the chest.
3. Return both legs to the floor, then repeat motion on the opposite side.
4. Repeat movement.

2 SIDE STEP-UPS (8-10 repetitions)

1. Stand to the left of a cooking pot positioned upside-down on a non-slip surface. Alternatively, use a low, table or any elevated stable surface.
2. Step up with your right foot. Simultaneously, kick your left foot and reach your left hand forward.
3. Repeat, then alternate sides.



Core

1 V-SIT LEG-OVERS (6-10 repetitions)

1. Sit on the floor, positioning your legs straight in front of you. Place your can to the left side of your ankles, facing upside-down.
2. Lean back and rest your body weight on your forearms.
3. Lift both legs up and over the can, engaging the core.
4. Repeat.



Cardio

1 SPEED TAPS (30 seconds)

- Place your cooking pot upside-down or another stable elevated surface on a non-slip surface. While standing, quickly run in place, tapping the top of the pot with each foot as it comes off the ground.

Friday

ITEMS NEEDED:
PAPER PLATES OR HAND TOWEL



Upper Body

1 ONE-ARM SIDE TRICEP EXTENSION

(8-10 repetitions)

1. Lay on the left side of your body on the floor and stretch your bottom arm overhead. Lay your left ear on your left arm.
2. Position a paper plate or hand towel under your left hand with the palm facing down; Place your right hand, palm down, in front of your chest.
3. Press all of your weight into the top, right hand, as you slide your left hand (keeping arm straight) toward your body, raising your body up off the ground.
4. Slowly lower the body into the starting position, then repeat.



Lower Body

1 SIDE SLIDE LUNGE

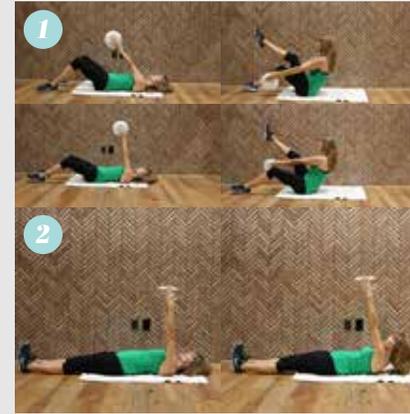
(8-10 repetitions)

1. Standing, place your right foot onto a plate or hand towel.
2. Bend your left knee as if you are sitting in an imaginary chair behind you. Simultaneously, slide your right leg to the side, keeping it straight.
3. Bring the legs back into the starting position, repeating as desired.

2 BRIDGE LIFT, ALTERNATE FORWARD SLIDE

(8-10 repetitions)

1. Position yourself on the floor with your back touching the ground. Bend your knees and place a paper plate or towel beneath each heel.
2. Press into your heels and raise your hips into the sky. Hold the position, then gently slide one heel away from the body and back.
3. Maintain contact with the floor as you alternate back and forth between legs.



Core

1 SIT-UPS

(10 repetitions)

1. Lay down with your back on the floor, legs bent at the knees.
2. Hold one plate in your hands and perform a full sit-up, lifting your left knee as you come upwards.
3. At the peak of your sit-up, pass the plate under and around your knee. When done, come back to the beginning position.
4. Repeat movement, alternating which knee the plate is passed around.

2 CRUNCHES

(10-20 repetitions)

1. Lay down with your back on the floor, legs straight.
2. Press the plate towards the ceiling as you raise your shoulder blades off the ground.
3. Slowly lower your body back to the ground. Repeat as desired.



Cardio

1 RUNNING MAN

(30 seconds)

1. Position your right foot onto the plate or towel, with the ball of your foot in the center.
2. With your left foot still & slightly bent, quickly slide your right foot in a backwards motion, then back to center.
3. Meanwhile, pump your arms as if you were running.
4. Repeat for 30 secs on each side.

2 MOUNTAIN CLIMBERS

(30 seconds)

1. Position your body in a tall plank, with your arms straight and shoulders stacked over the wrists. Position your feet onto the plates or towels.
2. Drive your right knee inwards towards your chest, then and to starting position.
3. Alternate legs quickly for 30 secs.



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**RM3© patients should limit their workouts to 30 minutes per day. Always consult with your medical provider before beginning a new fitness routine.*