Blizzard Bag 1

1. **Wake up with Crunches**

Here is an exercise that is JUST a little harder than sleeping and it WILL wake you up by doing simple movements:

I do a complete crunch cycle complete with the following:

- Regular Crunch: 10-20 reps - Just lift shoulder blades off the floor   
- Reverse Crunch - 10-20 reps - Lift hips off the floor   
- Double Crunch - 10-20 reps - Lift BOTH hips / shoulders off the floor simultaneously   
- Left Crunches - 10-20 reps - Take right elbow to the left knee   
- Right Crunches -10-20 reps - Take left elbow to right knee   
- Bicycle Crunches - 10-20 reps - Take right/left elbow to left/right knee by bicycling the legs   
- Plank pose - 30-60 seconds   
- Stomach stretch - 30 seconds

THIS TAKES about 3-4 minutes

2. **Jumping Jacks / Pushups**

Do 10 jumping jacks / 10 pushups and repeat the non-stop cycle 5-10 times depending on your fitness level. This takes 3-5 minutes if you push all 10 sets.

3. **Replace Pushups with Squats**

If you want to add in a leg workout try replacing pushups with squats above.

BLIZZARD BAGS 2

**Resistance Training Exercises:**

**Place check by the Exercise you completed.  
1. Chest**

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| **Wall Push-Ups**   * Stand facing a wall with your feet about 1 to 2 feet back from it. * Place your hands on the wall just outside shoulder-width apart. * Bending only at the elbows, lower yourself forward towards the wall then push yourself away from it. * Keep your body stiff and straight during the movement. | Top position of wall push-ups | Bottom position of wall push-ups |

**2. Back**

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| **Standing Rows**   * These are done from a standing position. * Loop a towel around a vertical pole or column or another fixed object so that the ends of the towel are pointing towards you and the towel is wrapped around the far side of the pole. * Have your feet close up to the pole and lean back gripping on the ends of the towel and keeping your body stiff and straight. * Row yourself up with both arms. * Keep your back arched and row with your back. | Start position of standing rows for the back | Completed position for standing rows for the back |

**3. Shoulders**

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| **Seated Dumbell Shoulder Presses**   * Use something around the house for weight, e.g. soup cans or milk jugs with water in them. * From a seated or standing position, hold the weights just above your shoulders. * Push them up overhead slowly. | Bottom position of seated dumbell shoulder press | Top position of seated dumbell shoulder press |

**4. Legs**

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| **Bodyweight Squats**   * Place your feet about shoulder width apart. * Keeping your torso vertical and a slight arch in your lower back, start the movement by bending the knees. * Go only as far down as you feel comfortable when first starting out. If you can go down until your thighs are just below parallel, do so. This is the full range goal. * Using leg power, push yourself back up to the start position. Use your grip on the bar only for balance unless you absolutely need to pull yourself up. * As you get stronger with squats, don't use the bar anymore. When you can do good, full-range reps without the bar, you can start using weight. * For weight, use two duffel bags (evenly loaded) or two milk jugs, etc. Hold them at your sides and squat. | Top position of squats |
| Bottom position of squats |

**5. Abdominals**

**Abdominal Crunches**

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| * Lie down flat on your back with your knees bent and your feet on the floor. * Hold your hands wherever you feel comfortable (on your chest or beside your head - just be sure you don't pull on your head). * The typical crunch is taught by instructing you to simply roll your upper torso forward. This is fine to start with. * To increase the effectiveness of the crunch movement, push your chest and head up towards the ceiling pushing your lower back flat onto the floor. * Your anatomy will automatically cause you to follow a crunching pattern. * Hold at the top of the movement for a second and squeeze hard. | Start position of the crunch |
| Top position of the crunch |

**6. Biceps**

**Dumbell Curls**

* Stand with your knees slightly bent, arms at your sides, holding your resistance bags or two dumbells in your hands.
* The curl movement happens only at the elbow. With your upper arm pinned at your side and bending only at the elbow, lift the weight up to shoulder level.
* Your palm should be facing forward all the way up and all the way down.
* Squeeze hard at the top then lower slowly.
* Do the same with the other arm, alternating back and forth.

**7. Triceps**

**Bench Dips**

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| * These can be done on the edge of a chair or bench. * Sit on the side edge of a flat bench or the front edge of a chair. * Place your hands on the edge of the chair right beside your glutes and grip the edge. * To start with, your feet should be flat on the floor about two feet in front of you with your knees bent. * Move yourself off the chair so you are now supporting yourself on your hands. * Bend your arms, dipping your body down. Go down only as far as you feel comfortable, being careful not to bounce out of the bottom. * Push back up, squeezing the triceps. * It is important to keep your back close to the edge of the bench as you do these to minimize shoulder stress. * When you're done the set, push yourself back onto the chair. | top position of bench dips |
| Bottom position of bench dips |

**8. Calves**

**Standing Calf Raises**

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| * This exercise can be done on the edges of stairs, wood blocks, books, etc. * Do both legs at the same time to start with then, as you get stronger, do them one leg at a time. * Hold a bag in your hand for resistance as you get stronger * Stand on the edge of the block with only the balls of your feet on the block. * Keeping knees stiff and bending only at the ankles, lower your heels down towards the floor. * Go down until you feel a strong stretch in your calves. * Reverse the direction without bouncing and push up as high as you can. * Do this movement slowly to feel the contraction all the way up. | Bottom Position of Standing Calf Raises |
| Top Position of Standing Calf Raises |

BLIZZARD BAG 3

**1.) 3-Point Planks**  
This plank variation throws off your balance, making your core stabilizers go into overtime.  
Get in plank position, your elbows directly underneath your shoulders and your feet hip-width apart. Keeping your shoulders and hips square to the floor, bring your right arm behind your back, your palm facing up. Hold for 30 seconds and repeat on the opposite side. **. + -**

**2.) 180-Degree Burpees**  
And you thought traditional burpees were killer. Try making a half-turn during each rep.  
Get in a push-up position and, immediately after performing one push-up, jump your feet in to the outside of your hands. Quickly jump up and turn so that you land facing the opposite direction. Repeat the move, continuing to jump 180 degrees each time. **. + -**

**3.) Jumping Prisoner Lunges**  
Build explosive lower body and get your heart pumping without ever leaving your living room.  
Get into a lunge position with your hands behind your head and elbows pulled back. Lower your body into a lunge until your front knee forms a right angle. Quickly jump up and switch legs in the air so that you land in a lunge on the opposite leg. Repeat.  **+ -**

**4.) Pop-Ups**  
Blast your legs and often-neglected hips with this heart-pounding move. It'll almost make up for sitting in a desk chair all day.  
Get on your knees with your body upright and your calves extended behind you. Sink back into your hips and move your arms back for momentum. Powerfully thrust your hips and swing your arms forward and up, so that you jump up and land in a wide squat. Step down onto your knees to reset, then repeat. Watch the move.  **+ -**

**5.) Hollow-Man Holds**  
It's like a sit-up, leg-lift, and reverse Swiss ball plank all in one.  
Lie on your back on the floor, hands overhead and legs fully extended. Pull your navel toward your spine, pushing your lower back into the floor. Keeping your arms and legs fully extended, lift them off the floor, keeping your lower back pressed into the floor. Your body should form a crescent shape. Repeat.  **+ -**

**6.) Wall Sits**  
By holding the position, you train not only your glutes, hamstrings, and quads but also your smaller stabilizer muscles that ward off injuries.  
Stand up straight with your back flush against the wall. Walk your feet out and lower your body down until your thighs and calves form a 90-degree angle. Bring arms directly in front of you, parallel to the floor. To intensify the move, raise arms straight overhead and keep flush against the wall. Hold for as long as you can.  **+ -**

**7.) Tuck Jumps**  
Take your squats to the next level—without adding any weights.  
Stand with your feet hip-width apart and your hands in front of your chest, palms facing the floor. Push your hips back and bend your knees to lower down into a squat. When your butt sinks past your knees, explosively jump up and pull your knees up and toward your chest. Land in a squat and repeat.  **+ -**

**8.) Alternating Plyo Push-ups**  
Build explosive upper-body strength with this variation of a tried-and-true classic.  
Get in a push-up position, your hands directly underneath your shoulders and your feet together. Bend your elbows to lower your body into a push-up. At the bottom of the move, quickly and forcefully push your body upward, jumping your feet and hands out while in the air. You should land back in a push-up, your hands and feet now wider than shoulder-width apart. Repeat and continue to alternate between a narrow and wide push-up position.  **+ -**

**9.) Donkey Kicks**  
Torch those hamstrings while shaping your shoulders and getting your heart rate up.  
Get in a push-up position and walk your feet in toward your hands so that your knees are lifted off the floor directly beneath your hips. This is your starting position. Keeping your arms straight, but not locked out, jump your heels up to kick your butt. Land back down softly and repeat.  **+ -**

**10.) Deck Squats**  
You've never gone this low.  
Stand tall with your feet shoulder-width apart. Drop into a deep squat so that your butt touches the floor. Roll backward on the floor and pull your knees into your chest. Explosively reverse the movement, using your momentum to move back to standing. Repeat**. + -**