



The "Home Body" Build

April 2020

Program designed by Paul Goodman

Session 1

*NOTE -

- When you see the <> sign in the reps part it means **ALTERNATE** e rep between the exercises prescribed
- When you see just the > sign in the reps part it means do the reps for the first exercise prescribed **THEN** do the reps for the next exercise prescribed - **NOT** alternating
- When you see - sign it means you choose how many reps inclusive but within that range of numbers
- When you see "REPEAT" along the same line as the Section - that means repeat that whole section in the order of exercises that many times - the exercises are performed in a circuit fashion

Section 1 (barefoot)

- Lacrosse Ball Rolling
 - Foot 2 x :30 e foot
 - Calf 2 x :30 e leg
 - Take a lacrosse ball or even a small metal can of food (UNOPENED) and roll the area listed for the duration of time prescribed - spending time on areas that be more sensitive but continually moving the ball or can
- Supine Knee Hug Rocking
 - Side to Side > Front to Back 8 > 8
 - Lay on your back and hug your knees - slowly begin to rock side to side getting more range as you feel comfortable - after going side to side for the number of repetitions - rock forward and backward slowly and again gaining more range as you feel comfortable
- Quadruped Cat Camel w/ Breath 8
 - Position yourself on the floor on all fours - hands underneath shoulders and knees underneath hips
 - Slowly take in a deep breath and at the same time lift your head to look up and sag your back down like the space between a camel's humps - stay there for a second and then slowly exhale and at the same time draw your chin down to your chest pull your back up to the ceiling making a big hump on your back like a cat
 - Keep repeating this pattern of up and down with your breath in even cadence with it for the allotted reps
- Child's Pose Reaches 5 e direction
 - From the quadruped position sit back on your heels and reach straight ahead with your arms - from that middle position walk your hands to right so your arms are at a 45 degree angle to your body - with your arms to the right sit back more so to your left heel - hold there for a 3 count
 - Then from the right reach walk your hands all the way over to the left side making a 45 degree angle to your body and sit back towards the right heel and hold there for a 3 count
 - Keep going back and forth for the allotted repetitions
- Standing Leg Swings
 - Front to Back > Side to Side > Walk Overs (forward and backward) 5 of each for each leg
 - Stand upright next to a wall or something you can place your hand(s) on for support
 - In this standing position you will perform 3 different types of leg swings
 - The 1st is front to back - facing parallel to the wall - place the near hand to the wall on it for support - kick your leg front to back for the allotted repetitions - do all repetitions for one leg before switching and doing them for the other leg
 - The 2nd is side to side - facing the wall - place both hands on the wall - kick your leg out to the side and then under you in an arcing fashion for the allotted repetitions - do all repetitions for one leg before switching and doing them for the other leg
 - The 3rd is walk overs - facing the wall - place both hands on the wall - with your leg bent at 90 degrees bring your leg out to the side and circle it forward and back as if you were trying to step over hurdle or a barrier - after you have done all reps forward do the same thing backward - rotating and circling the hip out to the side - do all repetitions for one leg before switching and doing them for the other leg

Section 2 (barefoot)

- Side Bridge **REPEAT 3 x**
3 x (:10 bridge / :02 off) e side
 - Lay on the floor on one side - place your forearm of that side on the ground perpendicular to your torso and your elbow bent at 90 degrees
 - You have 3 options for your legs
 1. Legs locked out and feet stacked
 2. Legs locked out and feet staggered (one foot in front of the other)
 3. Knees bent at 90 and knees stacked



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- Regardless of which position you choose - press into the ground with your forearms and the side of either your feet or your knees to being your hips off the ground
- Hold that bridge position for the allotted time and then descend your hips to touch the ground and then immediately raise them back up and hold again - continue in this manner for a total of 3 x
- Handcuffed <> Swimmer Superman 10
 - Lay on your stomach and place hands behind the lower back - lift your chest and legs up and hold them up while you arc your arms until the hands touch overhead - then arc them back to interlock behind your back - bring chest and legs down
- Reaching Reverse Lunge 8 e
 - Standing upright choose one leg and lunge backward as far as you feel comfortable - with the same side arm as leg that stepped back - reach up and back to stretch the back hip and quad - then use your strength of the front leg to push you back to standing upright - alternate legs each repetition
- ISO Pushup <> Pushup 6 x :05 e
 - These can be performed on your knees or on your toes with legs lock out
 - Assume your pushup position - keeping your elbows tight to your body, descend your chest down to towards the floor
 - When you get about 1" - 2" away from the floor, hold that bottom position for :05 - after the :05 has elapsed push right back up to your starting position - as soon you fully extend your arms descend right back down to the bottom position and hold again for :05 - continue in this pattern for the allotted repetitions.
- ISO Squat <> Squat 3 x (:10 iso hold / 10 squats)
 - Assume a squat position with arms out straight ahead of you
 - Descend into the bottom position of your squat and hold for the allotted time
 - After the time expires perform the allotted number of repetitions
 - Upon completing those repetitions, go right back into the squat hold in the bottom position
 - Continue in this pattern of isometrically holding on the bottom and performing the squats 3 x
- High Knee Wall Run 6 x (:10 run / :05 off)
 - Face a wall and put your hands on for support
 - Walk your feet back far enough away from the wall so that you feel like you would fall had your hands not been on the wall
 - Lift off the heels of your feet so you are just on the balls of your feet
 - Keeping your body completely straight and arms locked out perform a running high knee while keeping that angle to the wall and floor
 - Run for the allotted time of :10 and then stop to readjust if necessary for :05
 - Resume running and stopping and complete the allotted number of repetitions of 6 x