



# MoveU Anywhere!

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## Full Body Workout #1

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### Directions:

Complete one round of the circuit and repeat 2-3 more times with 2 minutes of rest in between.

Do as many repetitions as possible in the allotted time.

### Warm-Up:

Shoulder press (1 min)

Jumping jacks (1 min)

Squats (30 sec)

Exercise	Set	Rest Time	Progression
Squats	30 seconds	10 seconds	Squats one and one quarter
Push ups	30 seconds	10 seconds	Lower incline push-ups
Alternating lunges	30 seconds	10 seconds	Alternating jumping lunges
Plank	30 seconds	10 seconds	Plank with alternating reach
Hip/glute bridges	30 seconds	10 seconds	Alternating one leg glute bridge
High knees	30 seconds	10 seconds	Increase the speed of the movement
Mountain climbers	30 seconds	10 seconds	Increase the speed of the movement

### Training Tips:

- Work at your own pace
- Focus on technique
- Engage the working muscle throughout the exercise

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## Full Body Workout #2

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### Directions:

Complete one round of the circuit and repeat 2-3 more times with 2 minutes of rest in between.

Do as many repetitions as possible in the allotted time.

### Warm-Up:

Shoulder press (1 min)

Jumping jacks (1 min)

Squats (30 sec)

Exercise	Set	Rest Time	Progression
Stiff leg deadlift	30 seconds	10 seconds	Alternating stiff leg deadlift
Chair dips	30 seconds	10 seconds	Extend your legs
Side lunges	30 seconds	10 seconds	Easier: bent legs. Harder: straight legs
Abdominal leg raises	30 seconds	10 seconds	Hold it at the bottom for 2 seconds
Floor back extensions	30 seconds	10 seconds	Hold it at the top position for 2 seconds
Bird dog	30 seconds	10 seconds	Increase the speed of the movement
High knees (in place)	30 seconds	10 seconds	Increase the speed of the movement

### Training Tips:

- Work at your own pace
- Focus on technique
- Engage the working muscle throughout the exercise

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## Core Workout

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### Directions:

Complete one round of the circuit and repeat 2-3 more times with 2 minutes of rest in between.

Do as many repetitions as possible in the allotted time.

### Warm Up:

Shoulder press (1 minute)

Jumping jacks (1 minute)

Squats (30 seconds)

Exercise	Set	Resting Time	Progression
Plank	30 seconds	10 seconds	Plank with extended arms (push up position)
Abdominal leg raises	30 seconds	10 seconds	Increase the speed of the movement
Side plank (left side)	30 seconds	10 seconds	
Side plank (right side)	30 seconds	10 seconds	
Bird dog	30 seconds	10 seconds	Increase the speed of the movement
Floor back extensions	30 seconds	10 seconds	Hold it at the top position for 2 seconds
Dead bug	30 seconds	10 seconds	Increase the speed of the movement
High boat to low boat	30 seconds	10 seconds	Increase the speed of the movement

### Training Tips:

Work at your own pace

Focus on technique

Engage the working muscle throughout the exercise

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## Stretch Workout

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### Directions:

Complete one round of the circuit and repeat 2-3 more times with 2 minutes of rest in between.

Hold each position for 30 seconds and rest for 10 seconds.

### Warm Up:

Shoulder press (1 minute)

Jumping jacks (1 minute)

Squats (30 seconds)

Exercise	Set/Reps	Resting Time
Cow/cat stretch	30 seconds	10 seconds
Cobra stretch	30 seconds	10 seconds
Lower back bend stretch (using chair or desk)	30 seconds	10 seconds
Butterfly stretch	30 seconds	10 seconds
Standing side stretch (left side)	30 seconds	10 seconds
Standing side stretch (right side)	30 seconds	10 seconds
Seated shoulder squeeze stretch	30 seconds	10 seconds
Knee to chest stretch (right side)	30 seconds	10 seconds
Knee to chest stretch (left side)	30 seconds	10 seconds

### Training Tips:

Work at your own pace

Focus on technique

Engage the working muscle throughout the exercise

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