



# Sample Workouts

**By: Christine Chouinard, MIA Wellness Representative,  
ACSM CPT, EXOS Performance Specialist, FMS1**

Please be sure to complete a 5-minute warm-up before beginning with a workout. A light walk stretches, or gentle jumping jacks can be nice options. Always consult your physician before beginning a new exercise routine. Please stop exercising and consult your physician should you feel pain during the below movements.

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## AMRAP (As Many Rounds As Possible)

Set a timer for 6 minutes. Complete 6 repetitions of each exercise below. Repeat the series of exercises until the 6-minutes are complete. Repeat 1-2 more times for added challenge.

*(No equipment needed, mat or towel recommended)*

### Bodyweight squat

- Begin with your feet slightly wider than hip width apart with hands in a comfortable position → keeping the heels pressed into the floor, slowly lower the hips/glutes down until your knees are at 90 degrees → press through the heels to lift back up into starting position
  - Modification: widen stance so feet are much wider than hip-width apart; do not lower down as deep into the squat
  - TIP: Keep the chest lifted, shoulders proud, and heels in contact with the floor throughout the exercise

### Push-Up

- Begin on hands and knees with hands wider than shoulders pressing into the floor → step the feet back coming into a high plank position → slowly lower down pressing hands into the floor and letting elbows bend to 90 degrees or slightly above → press back up and repeat
  - Modification: place knees on the ground completing the same down/up motion as above
  - Modification: press hands onto a sturdy wall walking body back at an angle → complete the push-up motion while standing upright
  - TIP: as you lower into your push-up think about bringing the elbows back towards the ribs rather than up to the shoulders

### Alternating Toe Tap

- Lie on your back → extend both legs out long, flex your feet → lift one leg up keeping the other leg flat on the ground → keeping the lifting leg straight lift the shoulders off of the ground to reach/tap the toe → Lower the leg down and repeat on the alternating sides.
  - Modification: keep lifting leg bent in tabletop position

### Jumping Jacks

- Modification: tap toes out to the side replacing the jump

### Inch Worm crawl out

- Stand upright, feet hip-width apart → bend the knees and reach your hands to the floor → keep feet stationary, walk the hands out so you end up in a plank position → walk hands back to feet and stand upright → repeat.
  - Modification: place knees on the ground when hands move into plank position

## EMOM (Every Minute On the Minute)

Start a stopwatch and complete 6 of each exercise below. Once you complete them, rest for the remainder of the minute. When the next minute begins, start the exercises again from the top. The quicker you complete the exercises, the longer the rest period you get. Goal to complete 6-8 minutes total. Remember, form is important - never compensate form for speed.

*(No equipment needed, mat recommended)*

### Lunge with a glider

- Begin in a split stance with one leg out in front of the other, both feet sturdy on the floor → keep the front foot flat on the ground as you place the back toe on a glider → bend the front knee slightly dropping into a lunge as the back leg extends behind you on the glider → press from the heel to come back upright as the back toe drags the glider in → repeat
  - No gliders? Use a paper plate (for carpet) or a towel/dish rag (for tile/wood)
  - Modification: eliminate glider and perform lunge movement alone

### Mountain Climbers

- Begin with hands and knees on the ground, knees under the hips and hands under the shoulders → keeping the arms straight, press the feet back coming into a plank position → holding arms steady and drawing the core tight, alternate bringing one knee into the chest
  - Modification: place hands on a sturdy wall → step feet back so the body is at a slight angle → alternate driving knees up to chest

### Bodyweight squat *(see instructions above)*

- For added difficulty: small jump or hop at the top of each squat

### Child's pose push-up

- Begin in child's pose → keeping knees down, extend upper body forward as you drop the chest down into a push-up → return to child's pose and repeat.
  - For added difficulty: come into full push-up position each time you lift out of child's pose

## Strength Circuit

Complete 10-12 repetitions of each below exercise. Repeat the series of exercises three times if time allows.

*(One resistance band and one medium-heavy dumbbell are recommended - don't have a resistance band? Try pulling a towel or sheet taught as you complete the movement. Don't have a dumbbell? Try holding a gallon of milk or a heavy book to your chest).*

### Goblet Squat

- Feet slightly wider than hip width → hold dumbbell close to the chest as you lower into a deep squat → press back upright keeping the dumbbell at the chest
  - Modification: complete using bodyweight, no dumbbell
  - Modification: do not lower into as deep of a squat

### Resistance band close-grip row

- Loop resistance band around a post or sturdy object → holding handles, extending arms straight out keeping palms facing each other → slowly pull the elbows back until they are slightly beyond the ribcage.
  - TIP: Keep your shoulder drawn down away from the ears and allow the inside of the arm to graze the ribcage on the pull in and extension out

### Bodyweight glute bridge

- Begin by laying on your back → place feet under the knees hip width apart, hands on the floor at your side → keeping the heels in contact with the floor, slowly press the hips up avoiding an arch in the back → slowly lower the hips back down to tap the floor → repeat
  - TIP: think about aiming your knees forward and pressing through the heels not the hips

### Plank shoulder taps

- Extend into plank position with hands under shoulders, feet hip width → alternate tapping one hand to opposite shoulder.
  - Modification: place knees on mat/ground. To further modify: place hands on a sturdy wall, walk yourself back so you are at a larger angle, alternate tapping shoulders

### Alternating lateral lunge (hold single dumbbell at the chest)

- Begin in a split stance with front heel pressed to floor and back heels slightly lifted as back toes touch the floor → slowly lower down until front knee is at 90 degree angle → press from the heel back upright and repeat
  - Modification: bodyweight, no dumbbell; do not go as deep into lunge
  - TIP: keep front heel in contact with the floor the whole time; press through the heel to lift back up; keep torso upright, shoulders over hips

## Resistance band bicep curl

- Stand with feet hip width apart → step on center or resistance band with one or both feet → hold onto resistance band handle in each hand keeping palms facing the ceiling → slowly pull your hands up to shoulder height → lower the hands back down and repeat
  - TIP: keep an inch or two of space between elbows and rib cage trying not to pinch elbows to your side; as you pull the hands up, try to keep the wrists engaged with knuckle and wrists in line

## Cardio Circuit

Complete 20-30 seconds of each below exercise. Once you complete each exercise, rest for 30-60 seconds. Repeat the series 5 times.

### Plank hold

- Begin on hands and knees with hands under shoulders at shoulder distance apart → keep the arms straight, brace your core and walk the feet back to get into “plank position” → hold steady for time
  - Modification: place knees down on the ground
  - TIP: keep feet hip width distance apart; aim to keep your body in straight line from head to heel

### Knee to chest taps

- Begin standing feet hip-width apart → clasp your hands and raise both arms above your head → Alternate bringing one knee up to your chest as your arms come down to meet the knee → continue alternating bringing the hands to meet the knee each time

### Wall sit

- Step back pressing glutes and shoulders against a sturdy wall → keeping shoulders on wall, step the feet out about a foot or two → slide the hips down the wall so glutes are even with the knees → hold steady!
  - Modification: keep glutes higher than knee level
  - For added difficulty, alternate lifting one knee to the chest

### Triceps dips

- Find a sturdy bench or chair → start facing the bench/chair backwards and placing the hands on either side of your hips, fingertips pointing towards your hips → step the feet out hip width apart straightening the arms → slowly bend the arms to lower your hips and press back up
  - TIP: aim to feel your biceps graze your ribcage on the way up and down

### Bodyweight squat or squat jump

- Begin with your feet slightly wider than hip width apart with hands in a comfortable position → keeping the heels pressed into the floor, slowly lower the hips/glutes down until your knees are at 90 degrees → press through the heels to lift back up into starting position