

# Lucky13Fitness 28 Day KickStart At-Home Workouts

## Instructions:

- Complete every exercise once before repeating the second set of any exercise.
- Try to make it through all the exercises once without resting, then take a rest once you finished the set. (However, take as much rest as needed.)

## Warm up (to be used with both workouts):

Exercise	Duration	Explanation
High Knees	About ten yards	<ul style="list-style-type: none"><li>• Stand straight with the feet hip width apart, looking straight ahead and arms hanging down by your side</li><li>• Jump from one foot to the other at the same time lifting your knees as high as possible, hip height is advisable</li><li>• The arms should hug the leg close to the body</li><li>• Hold for a sec, then switch sides</li></ul>
Butt Kicks	About ten yards	<ul style="list-style-type: none"><li>• Stand with the knees close together, arms either down by the side or behind on top of the bottom</li><li>• Flex your left knee and the left leg behind you so it touches the glute and hold it there for a sec,</li><li>• return that leg to the floor and repeat with the right leg</li></ul>
Bear Hugs	About ten yards	<ul style="list-style-type: none"><li>• Stand up straight with arms stretched out in front of the chest</li><li>• Cross your arms in front of your chest trying to reach outside your shoulder width</li></ul>

Straight Leg Kicks	About ten yards	<ul style="list-style-type: none"><li>• Face forward</li><li>• Keep leg straight and raise it as far in front of you as possible</li><li>• The opposite hand touches the toes of the raised leg</li><li>• Release the leg back to the ground</li><li>• Repeat with other leg</li></ul>
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**Cooldown (to be used with both workouts):**

<b>Exercise</b>	<b>Duration</b>	<b>Explanation</b>
Arm Circles	10 secs	<ul style="list-style-type: none"><li>• Stand straight with the feet hip width apart, looking straight ahead and arms out at shoulder height</li><li>• Rotate your arms in a circle. Trying to make the circle as big a possible</li><li>• Rotate your arms one way in a circle for 10 seconds and then repeat in the opposite direction</li></ul>
Single Leg Deadlift	10. on each	<ul style="list-style-type: none"><li>• Hold your arms hanging at the side. Stand on one leg</li><li>• Keeping that knee slightly bent, perform a stiff-legged deadlift by bending at the hip, extending your free leg behind you for balance. Continue lowering your hands toward your feet until they are parallel to the ground, and then return to the upright position.</li><li>• Repeat for the desired number of repetitions on each leg</li></ul>
Bear Hugs	About ten yards	<ul style="list-style-type: none"><li>• Stand up straight with arms stretched out in front of the chest</li><li>• Cross your arms in front of your chest trying to reach outside your shoulder width</li></ul>

## **Workouts:**

### **Day 1 (Lower Body):**

Exercises	Sets	Reps	Explanation
Walking Lunges	3	10 on each	<ul style="list-style-type: none"><li>• Begin standing with your feet shoulder width apart and your hands on your hips</li><li>• Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.</li><li>• Drive through the heel of your lead foot and extend both knees to raise yourself back up</li><li>• Step forward with your rear foot, repeating the lunge on the opposite leg</li></ul>
Glute Bridge	3	10	<ul style="list-style-type: none"><li>• Lie flat on the floor on your back with the hands by your side and your knees bent. Your feet should be placed around shoulder width. This will be your starting position.</li><li>• Pushing mainly with your heels, lift your hips off the floor while keeping your back straight. Breathe out as you perform this part of the motion and hold at the top for a second.</li><li>• Slowly go back to the starting position as you breathe in</li></ul>
Plank	3	6 deep breaths in	<ul style="list-style-type: none"><li>• Lie on your stomach on a mat. Place forearms on mat, elbows under shoulders. Place legs together with toes on floor.</li><li>• Raise body upward by straightening body in straight line. Hold position</li></ul>

Wall Squat	3	6 deep breaths in	<ul style="list-style-type: none"> <li>• Stand in front on a wall facing your back towards it and your head and back touching the wall.</li> <li>• Place your feet a few inches away from the wall and maintain them at shoulder's width apart and place your arms by your sides</li> <li>• Now squat down such that your thighs are parallel to the floor.</li> <li>• Come back to the initial/starting posture by pushing yourself up using your legs</li> </ul>
Bench Squat	3	10	<ul style="list-style-type: none"> <li>• Stand just in front of a chair. Feet shoulder width apart</li> <li>• Lower your hips and glute toward the bench while keeping your weight in the heels of your feet</li> <li>• Sit completely on the bench without falling to it.</li> <li>• Once you touch the bench stand back up and return to the starting position</li> </ul>

## Day 2 (Upper Body):

Exercises	Sets	Reps	Explanation
Pushup or Incline Pushup	3	10	<ul style="list-style-type: none"> <li>• Lie on the floor face down and place your hands about 36 inches apart while holding your torso up at arm's length</li> <li>• Next, lower yourself downward until your chest almost touches the floor as you inhale</li> <li>• Now breathe out and press your upper body back up to the starting position while squeezing your chest</li> <li>• After a brief pause at the top contracted position, you can begin to lower yourself downward to the ground</li> </ul> <p><b>*****If you cannot perform a pushup on the ground so an incline one. Form is the same as a regular pushup. Just pick an object off the ground that you can put your hands on. Like the back of a couch or seat of a chair</b></p>
Bird/Dog	3	10 on each	<ul style="list-style-type: none"> <li>• Come to a hands and knees position on an exercise mat positioning your knees underneath your hips</li> <li>• Engage your core and abdominal muscles. Keep your spine in a neutral position, avoid any excessive sagging or arching. Pull the shoulder blades toward your hips</li> <li>• Slowly lengthening the left leg until it is long and strong. Lift the leg off the floor until it is at or near parallel to the floor</li> <li>• lowly raise and straighten right arm. Attempt to raise the arm until it is at, or near parallel, to the floor.</li> <li>• Alternate sides: repeat but with the opposite arm and leg</li> </ul>
Jumping Jacks	3	15 secs	<ul style="list-style-type: none"> <li>• Stand with your feet together and your hands down by your side</li> <li>• In one motion jump your feet out to the side and raise your arms above your head</li> <li>• Immediately reverse that motion by jumping back to the starting position</li> </ul>

Tall Plank with Shoulder Touch	3	5 touches a side	<ul style="list-style-type: none"> <li>• Starting in a pushup position with the back flat</li> <li>• Bring one of your hands off the floor and touch it to the opposite shoulder</li> <li>• Return the hand to the ground</li> <li>• Bring your other hand to your opposite shoulder</li> <li>• Return the hand to the ground</li> </ul>
Dead Bugs	3	10. on each	<ul style="list-style-type: none"> <li>• Begin lying on your back with your hands extended above you toward the ceiling</li> <li>• Bring your feet, knees, and hips up to 90 degrees</li> <li>• Exhale hard to bring your ribcage down and flatten your back onto the floor, rotating your pelvis up and squeezing your glutes. Hold this position throughout the movement.</li> <li>• Initiate the exercise by extending one leg, straightening the knee and hip to bring the leg just above the ground.</li> <li>• Maintain the position of your lumbar and pelvis as you perform the movement, as your back is going to want to arch</li> <li>• Stay tight and return the working leg to the starting position.</li> <li>• Repeat on the opposite side, alternating until the set is complete</li> </ul>