

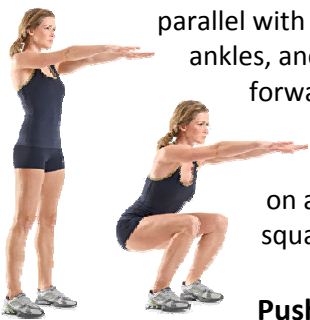
## Residence Hall Workout Explanation Guide

A quick workout in your room can function as a productive study break, substitute for a trip to the gym when you are in a rush, or can be a great way to start exercising if you are not comfortable with going to the gym yet. Since most of these exercises are performed with your body weight, you can focus on doing as many as you can instead of counting out sets and repetitions. This will force you to work to your limit instead of working to the end of a set.

**Hallway Lunges**--Start at one end of the hallway and take a moderate step forward. Lower your body until the knee of the back leg touches the ground. Push your body up through the heel of the forward foot, while keeping the ball of the back foot on the ground. Remember you want your body to rise and lower in a vertical line and should only move forward when you step (keep chest up and shoulders back). It is also important to keep your front knee from passing over your front toe. This will avoid stress on your knee and will keep the load on the muscles that a lunge is intended to work. Repeat with alternating feet until you reach the end of the hallway. For added resistance, carry free weights in your hands while at your sides (or a book or case of water in your arms at your chest). You can also try to add a twist of the shoulders and chest to either side while in the bottom position of the lunge to incorporate your core.



**Squats**--Start with feet shoulder-width apart. Point your toes outward a little to help you activate your hip abductors and perform a deeper squat. Keeping your chest up and shoulders back, lower your body by bending at the hips (sticking your butt out). Remember to keep your knees from going out over your toes, and let them follow your feet out to the side (your knees should not buckle in as you lower yourself). You want to lower yourself so that your thighs are at least parallel with the floor; going "below parallel" will help build more core stability and flexibility in your hips, ankles, and legs. Now drive your body up through your heels to emphasize staying back, since leaning forward during the rise will add stress to your knees. Complete as many as you can without compromising form. (It's a good idea to perform in front of a mirror. Remember, you want to be able to read your T-shirt in the mirror the whole time.) For increased resistance, put on a book bag and load it up with books, water bottles, weights, etc. You can also try to perform squats with your arms raised over your head to increase the stability needed from your core.



**Push-ups**-- Place hands on the ground shoulder-width apart and feet together, pointed so that you are on your toes. Keeping a straight line from your head through your back and legs to your heels, lower yourself so that your chest touches the ground. It is important to not just lower your shoulders and chest but rather your whole body as one piece. Also, you do not want your hips to sag so that they lower quicker than your shoulders; brace your core to keep your body tight and rigid so that it will lower together. Focus on keeping your head still throughout the motion. Now, push up through your palms until your elbows lock out. Perform as many as you can without compromising good form. You can increase the load by placing books on



your shoulder blades or experimenting with closer hand placement. You can even stack books (or even a basketball) under a hand, or perform the movement with your feet propped up on a chair or other elevated platform.



**Curls**-- Arm curls can be performed by substituting textbooks, book bags, or water gallons for weights. To perform a curl, pick up the weights and, with your hands at your sides or in front of your hips, simply lift the weights up to your shoulders by bending at your elbow. Keep the inside of your elbow glued to your sides, and your back and shoulders completely still. Moving your back and shoulders back and forth indicates that the weight is probably too heavy for you and you are creating momentum to move the weight instead of the force created by your biceps. Try to perform curls with both arms simultaneously; however if you cannot find two similar weights, one armed curls will work.

**Planks**-- Most planks are performed in either a push-up position or resting on your feet and elbows. The important thing to focus on with planks is keeping your body tight, especially your core, and to control your breathing. Focusing on breathing will allow you to remain still and provide oxygen to your muscles for a longer hold. You want to maintain a straight line from your head to your heels, without letting your shoulders or hips sag. It is important to not shift your weight onto your elbows and shoulders as this decreases the amount of stability needed from the core. You want to maintain balance and evenly distribute your weight. You should feel your abs tighten up throughout the entire hold. Planks can also be performed on the side, with your shoulders perpendicular to the ground, instead of parallel. Place one elbow and the outer side of your lower foot on the ground. Try to do a few sets, such as three, of planks, holding for as long as you can. When doing side planks, remember to work both sides equally.



**Burpees**-- A burpee is a conditioning exercise that combines squats, push-ups, planks, and jumps. To perform one, crouch down as if playing leapfrog, with your hands on the ground and your feet under you. Now, kick your feet back so that you are in a push-up position. You can choose to perform a push-up while in this position. Return your feet back to the first position and immediately rise up and jump as high as you can. The whole movement is one burpee, from crouch position to push-up position back to the crouch and to the highest point in your jump, and should be done consecutively and quickly. As you land from the jump, immediately return to the crouch position and begin your second burpee. Burpees can be done in timed sets (how many you can do in 30 seconds, or a minute for example) or in traditional numbered sets (a set of 10, 20, etc.).

