

## **TOTAL BODY CONDITIONING WORKOUT**

Perform 2 or 3 days a week on non-consecutive days

Workout duration: 30 minutes



### **Monster Walk (Forward and Backward) Thighs, hips, glutes**

1. Start in standing position with mini-band around ankles. Your feet should be slightly wider than your hips.
2. Lower yourself to a  $\frac{1}{4}$  squat position.
3. Begin taking wide steps forward. Keep your movements controlled and keep tension on the mini-band.
4. This exercise can also be performed walking backward.



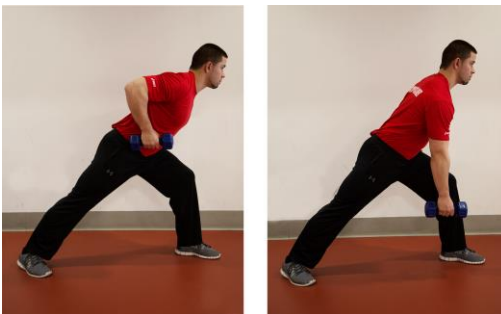
### **Lateral Walk Thighs, hips, glutes**

1. Start in a standing position with mini-band around ankles. Your knees, hips and toes should be in-line with each other.
2. Move to the side stepping one foot at a time. Keep your movements controlled and keep tension on the mini-band.
3. This exercise can be done in place or moving.



### **Stability Ball Squats: thighs, hips**

1. Stand and squeeze a stability ball between your lower back and a wall
2. Lower into a squat (as if you're sitting into a chair), letting the ball roll up your back until your knees are bent 90 degrees
3. Push down into your heels
4. Repeat 2 sets; 12 reps
5. For added resistance hold a light dumbbell by your side.



### **Dumbbell Row: upper back muscles, biceps**

1. Lunge forward with your left leg until your left knee is bent 90 degrees
2. Lower your torso as close to your left knee as you raise your left arm out to the side to shoulder height, palm down
3. Allow the dumbbell to hang naturally. Row the dumbbell straight up into the side of your rib cage and keep your elbows in tight.
4. Perform 2 sets, 10 reps



### **Stability Ball Dumbbell Press: Chest, Shoulders, Tricep**

1. Grab a dumbbell in each hand and lie on your back on a stability ball with your knees bent, feet flat on the floor and neck supported
2. Raise the weights above your chest, palms facing forward. Lower the dumbbell until your arms are at 90 degrees
3. Pause, and then press the weight back to the starting position
4. 2 sets for 10 reps



### **Plank: Abs, Lower Back**

1. Lie face down on mat resting on the forearms, palms flat on the floor
2. Push off the floor, raising up onto toes and resting on the elbows
3. Keep your back flat, in a straight line from head to heels
4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle
5. Hold for 15 to 30 seconds, lower and repeat for 3 sets- DO NOT HOLD YOUR BREATH



### **Stability Ball Hip Lift and Curl: Lower back, glutes, hamstrings, abs**

1. Lie face-up with your calves on top of a stability ball, arms by your sides, and palms down
2. Squeeze your glutes and raise your hips until your body forms a straight line from shoulders to heels.
3. Bend your knees to roll the ball toward you until your feet are flat on the ball
4. Straighten your legs to roll the ball back, and then lower your body to the floor
5. Perform 2 sets, 12 reps

For more fitness advice or personal training information contact [fitness@bu.edu](mailto:fitness@bu.edu) or call (617)-358-3760