

THE AT-HOME BOOTCAMP

Here are some tried and true calisthenics and mini workouts that you can do from the comfort of home on those days when you just can't get to the gym.

PLANKS

It's great for strengthening your core, shoulders, arms, and glutes. Hold a plank position for as long as you can. Aim to increase your time up to two minutes each time. Modify it by doing a bent-knee plank or make it harder by lifting one leg up, lifting one arm up, or even holding a side plank position.



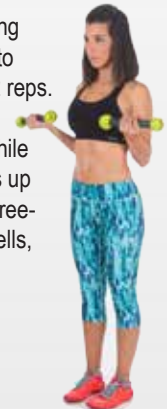
SQUATS

Great for strengthening the quads and hamstrings as well as your glutes. Complete one to three sets of 10 to 12 reps. Make sure your weight is on the heels of your feet and sit back, your knees should never be over your toes, and a full squat is at a 90 degree angle.



BICEP CURLS

Great for strengthening your biceps. Do one to three sets of 10 to 12 reps. Keep your elbows close to your torso while bringing your weights up to chest level. Use three- to five-pound dumbbells, or resistance bands.



BURPEES

Great cardio exercise for the whole body. Complete 25 reps. Start with feet hip-width apart, arms by your side. Lower into a squat position with hands flat on floor. Kick legs back where you are in a push-up position then lower your chest to the floor. Push back up to the push-up position and bring both feet forward back into squat position. Jump up and raise hands overhead.



JUMPING JACKS

A calisthenic jump that engages the entire muscle group all at once. Do three sets of 25. Make sure and engage your core while performing this exercise. This will help ensure you are getting a complete abdominal workout.



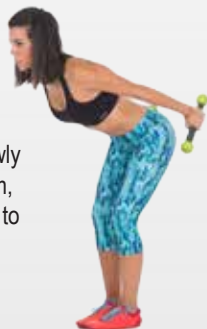
PUSH-UPS

Targets your upper body and core. There are many push-up variations. Perform one to three sets of 10 to 12 reps. You can modify by starting on the wall then moving to the floor on your knees, and then to a regular push-up. Keep your hands close together to work more of your triceps or spread them apart to work more of your chest.



TRICEP KICK-BACKS

This works your tricep muscles. Do 12 reps and switch sides. Holding a weight in your hand, lift your right arm parallel to your torso. Bend your right elbow to a 90 degree angle. Slowly straighten your arm, pause, then return to starting position.



HAMSTRING STRETCH

Great for flexibility and mobility. Hold for 15 to 30 seconds. Using a resistance band, flex foot in front of you. Keeping your back flat, slowly pull the resistance band toward you. This will bring your foot closer to your head and will engage a deeper stretch.



WALL SITS

Great for strengthening your quads and hamstrings. With your back completely against the wall, drop only a couple of inches down the wall the first time, then lower yourself a couple inches when repeated. Hold for 30 seconds. Aim to increase your time up to 60 seconds.



HIGH-ENERGY WORKOUTS FOR KATYITES IN 30 MINUTES OR LESS

Written by Tassie Hewitt and Katy Magazine's Editors

Photography by Reinaldo Medina

Sometimes a one- or two-hour workout just isn't realistic in the midst of work, school, kids, activities, and the daily routine of family life. We asked some of the top athletic trainers in Katy for their advice on how to squeeze in an effective workout when time is of the essence and you can't get to the gym.

Mini Workouts at Home

STAIR RUNS

If you have stairs, you have a great workout. Put on some music and run 40 flights (20 up and down). Take a water break and run them again. Do this in the morning and then again in the evening if possible.

CARDIO CLEANING

Turn up the music or TV and dash around, running, and jumping as you clean. Wipe counters, do laundry, and vacuum. Get your blood pumping by adding a few lunges from room to room.

WORKOUT DVDS

While the kids are at school, throw in a DVD and get your workout in quickly. There are a variety of workout DVDs from popular fitness gurus like Autumn Calabrese, Chalene Johnson, or Jillian Michaels. Serious fitness fiends might like P90X or the Insanity series.

DANCE CRAZE

Blast the music and dance hardcore for 30 minutes. The neighbors might think you're crazy, but your adrenaline will be pumping and you'll feel great!

TRUSTY TREADMILL

On those days you just can't get to the gym, you can still get a good 30 minutes running on your home treadmill. If you can't run solid, try taking short breaks or wogging. Walking, then jogging as long as you can, then walking again, and so on.

CASUAL ABS

While watching your favorite TV show, hit the floor and knock out some Russian twists, basic crunches, and plank holds, pausing only during commercial breaks.

TIPS FROM THE TRAINERS

Trainers from
Proactive
Lifestyle
Fitness



Short and Intense is Best

"A short, intense workout lasting about 30 minutes can show the same benefit as a 60-minute, steady-state training workout," says Sheila McGill, healthy living director at the Katy Family YMCA. "If done at an intense level, benefits are the same, if not better."

Join a Great Gym

There are benefits to working out in a facility. "At home you are more likely to put it off until you have time," says Tammy Boyd, owner of the Athletic Performance Lab, which offers a 30-minute women's cardio kickboxing class.

Do Something You Enjoy

If you love to dance, use that as your workout. Planet Ballroom offers PBFit, an exclusive, comprehensive fitness class. Becky's Academy of Dance offers adult classes in tap, ballet, ballet fit, contemporary and Zumba. Connolly Dance Arts offers 45-minute adult classes in tap, ballet, and hip-hop that double as a workout.

Get a Personal Trainer

Katy has some outstanding personal trainers at ESN Health, Proactive Lifestyle Fitness, Katy Family YMCA, and the Athletic Performance Lab. A personal trainer can customize a fitness program that works on your specific goals and problem areas.

Change It Up

"Vary your exercise routine and do things you enjoy. Walk, cycle, jog, and always do some sort of core work. "Start slowly and boost your activity level gradually."
- Sheila McGill, Katy Family YMCA