



EXERCISING AT HOME WORKSHEET

Name _____ Date _____

Following are descriptions of fitness exercises that you can do at home using common household items instead of expensive exercise equipment. By now you should be able to determine the appropriate reps and sets, or length of time, for each exercise.

Stair Stepping (Aerobic Fitness)

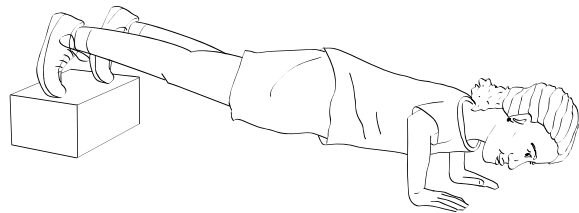
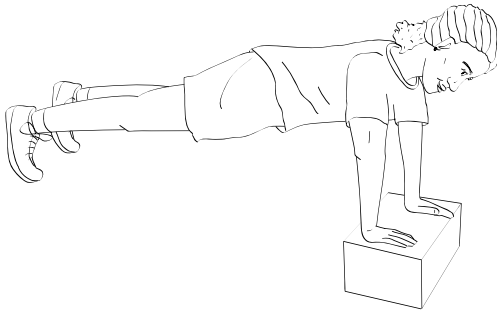
1. Step up right, left.
2. Step down right, left.

Perform one cycle (up, up, down, down) every two seconds or step to the beat of popular music. You can do this as a warm-up or cool-down at a slow pace for one minute.

Step Push-Up (Muscular Strength and Endurance)

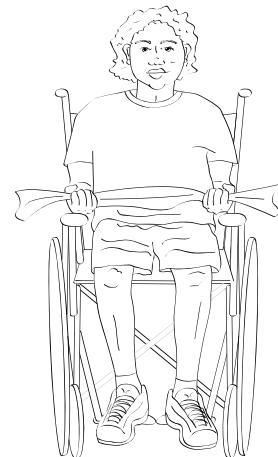
The step can make a push-up easier or more difficult.

1. Place your hands on the first, second, or even third step for an easier push-up.
2. Place your feet on the step and your hands on the floor to make the push-up more difficult.



Towel Squeeze (Muscular Strength and Endurance)

1. Fold a bath towel into fourths and roll it into a cylinder. The cylinder should be small enough to get your hands around when you squeeze it.
2. Hold the towel in both hands with the palms up. Grasp the towel with your left hand and tighten your grip as much as possible.
3. Release and repeat with the other hand.



EXERCISING AT HOME WORKSHEET *(continued)*

Name _____ Date _____

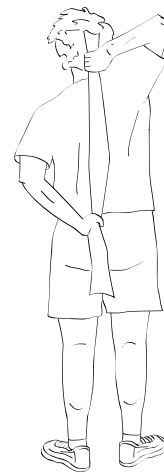
Single-Leg Press (Muscular Strength and Endurance)

1. Lie on the floor and hold the ends of a towel with your hands.
2. Loop the towel under one foot so that your knee is bent up to your chest and your arms are holding the towel tightly under the foot.
3. Press with your leg (straighten it) and pull with your arms to resist.
4. Repeat with the other leg.



Zipper With Towel (Flexibility)

1. Hold a towel in your right hand.
2. Place your right arm over your shoulder and behind your back, allowing the towel to hang down the middle of your back.
3. Reach behind your back with your left hand and grasp the towel.
4. Pull up gently to help your left hand reach higher. Then pull down gently with your left hand to allow your right hand to reach lower down your back.
5. Repeat, reversing hand positions.



Calf Stretch (Flexibility)

1. Sit with your right leg straight and your left leg bent.
2. Loop a towel over the toes of your right foot.
3. Press your toes against the resistance of the towel and then pull with your arms as you relax your calf muscles. The towel will help you stretch the calf muscles.
4. Contract the muscles of the shins to help stretch the calf muscles.
5. Repeat with your left leg.

Activity 9.2 Exercising at Home Worksheet

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin, K. McConnell, and D. Dale, 2005, *Fitness for life teacher resources and materials*, 5th ed. (Champaign, IL: Human Kinetics).

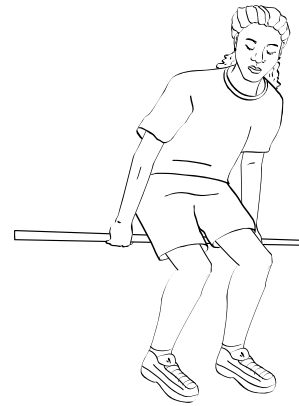
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EXERCISING AT HOME WORKSHEET *(continued)*

Name _____ Date _____

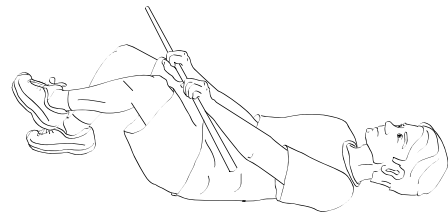
Arm Pull (Muscular Strength and Endurance)

1. Squat so that your knees are bent slightly (less than 90 degrees).
2. Place a broomstick behind your thighs, holding the stick just outside the thighs with the palms down.
3. Pull up against the broomstick with your arms in an isometric contraction.



Upper-Leg Pull (Muscular Strength and Endurance)

1. Lie on the floor with your hips bent at 90 degrees, your knees relaxed, the right knee bent, and your foot on the floor.
2. Place a broomstick across the front of your left thigh with the palms facing your thighs.
3. Pull your leg toward your chest while resisting with the arms, using isometric contractions.
4. Repeat with the left knee bent and your foot on the floor.



Trunk and Shoulder Stretch (Flexibility)

1. Stand with a broomstick on your shoulders behind your head. Grip with your hands as far toward the ends of the broomstick as possible with the palms forward.
2. Twist your trunk and shoulders to the left slowly and gently.
3. Repeat, stretching to the right side.



EXERCISING AT HOME WORKSHEET *(continued)*

Name _____ Date _____

Knee to Chest (Flexibility)

1. Use a broomstick behind the back of the thighs to help you stretch. You can push against the stick by contracting the muscles of the back of the thigh, before the stretch.
2. Lie on your back. Extend your left leg. Bring your right knee to your chest. Use the broomstick to pull your knee down tight to your chest.
3. Keep your left leg straight and both the leg and lower back flat on the floor.
4. Repeat with your left knee.

Biceps Curl (Muscular Strength and Endurance)

1. Use food cans or books instead of free weights.
2. With your palms facing up, pull your hands to your chest. Keep your elbows against your sides.
3. Return to the starting position. Repeat the exercise 7 to 10 times. Do one to three sets.

Side Arm Lift (Muscular Strength and Endurance)

1. Hold a book or food can in each hand with your hands at your sides.
2. Lift your arms to the side and up over your head. Stop before your hands are directly above your head in case you lose your grip.
3. Lower your hands to your sides.

Rope Jumping (Aerobic Fitness)

The simplest jumping exercise is the jog step, in which you jog or step from one foot to the other as you jump your rope. Rope jumping is inexpensive and can be done in a small space.

