

3 DAYS OF AT HOME WORKOUTS


30-MINUTES OR LESS

Whether you have a case of the Monday blues or are just going stir crazy, regular physical activity can be good for both physical and mental health. Exercise increases levels of endorphins – the “feel good” hormones – that naturally lift your mood. Exercise also increases serotonin levels which is crucial in regulating mood, sleep and appetite.

While everyone may not have access to a gym or equipment right now, there are still ways to stay physically active. Below you'll find three workouts created by Cory Cook, Pirates Minor League Strength & Conditioning Coordinator.

The only equipment needed is an exercise band, with pull up bar & dumbbells optional. If you do not have dumbbells, fill up a duffel bag with books and use that. Get creative! Do everything for the maximum reps/distance for the allotted time.

DAY #1

 <p>Squat <i>(w/weight if available)</i></p> <p>4 MINUTES</p>	 <p>Run for Distance</p> <p>4 MINUTES</p>	 <p>Push Up</p> <p>5 MINUTES</p>	 <p>Run for Distance</p> <p>5 MINUTES</p>	 <p>Crunches</p> <p>4 MINUTES</p>	 <p>Weighted Duffel Bag* Rows</p> <p>3 MINUTES</p>	 <p>Walking Lunges</p> <p>3 MINUTES</p>
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**put books or canned goods in a duffel bags and hold the handles.*

DAY #2

 <p>Push Up <i>(Hands Wide)</i></p> <p>4 MINUTES</p>	 <p>Bench or Couch Dips</p> <p>5 MINUTES</p>	 <p>Weighted Duffel Bag Rows*</p> <p>5 MINUTES</p>	 <p>Lying Leg Raises</p> <p>4 MINUTES</p>	 <p>Duffel Bag* Tricep Overhead Extension</p> <p>3 MINUTES</p>	 <p>Plank</p> <p>3 MINUTES</p>
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**put books or canned goods in a duffel bag and hold the handles.*

DAY#3

 <p>Walk</p> <p>4 MINUTES</p>	 <p>All Out Run</p> <p>4 MINUTES</p>	 <p>Walk</p> <p>5 MINUTES</p>	 <p>All Out Run</p> <p>5 MINUTES</p>	 <p>Walk</p> <p>4 MINUTES</p>	 <p>All Out Run</p> <p>3 MINUTES</p>	 <p>Walk</p> <p>3 MINUTES</p>
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– If the weather permits, go outside for your workout! –

Vitamin D may also play a role in regulating mood, so movement in the sunshine is a win-win!