

# Active Wellbeing

# Home Workouts

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A guide with simple exercises that you can do at home  
for the upper and lower body and core.

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# Introduction

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On the following pages you will find exercises that can easily be done at home. They are split into the following four categories,

Lower Body

Upper Body

Core

and Pulse Raisers

Each colour represents a workout you can do

All of purple = one workout

All of green = one workout

All of blue = one workout

**BUT**

**You can mix and match any of these exercises to create your own workouts.**

You can select **one** or **two** exercises from **each** category and create a circuit, rest time between each exercise should be around 30 seconds, **however**, if you find the exercises difficult, allow for 1 minute rest between each exercise – you should aim to maintain an elevated heart rate throughout the session.

You can complete a circuit up to **4 times** if you want to challenge yourself.

# Warm Up

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10 minutes, spend up to 3 minutes on each:



1. Star Jumps



2. Jogging Fast  
On The Spot



3. Squat Jumps

# Lower Body

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## Wide Squat

3 sets x 12 reps

- Feet must be BEYOND shoulder width.
- Keep your knees out too.
- Lower yourself by bending hips and knees.
- Keep the movement controlled and steady, don't rush it.



## Regular Squats

3 sets x 12 reps

- Feet shoulder width apart.
- Bend at the hips first to engage glutes.
- Continue to bend at the hips and follow with the knees.
- Knees must remain BEHIND toes at the lowest point.
- Keep heels fixed to the floor.
- Keep head up and chest out.



## Lunges

3 sets x 10 reps (each leg)

- Stand tall with feet hip-width apart. Engage core.
- Take a big step forward with right leg and start to shift weight forward so heel hits the floor first.
- Lower body until right thigh is parallel to floor and right shin is vertical (it's okay if knee shifts forward a little as long as it doesn't go past right toe). If mobility allows, lightly tap left knee to ground while keeping weight in right heel. Press into right heel to drive back up to starting position.
- Repeat on the other side.

# Lower Body

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## Bulgarian Split Squats

3 sets x 10 reps (each leg)

- Place one foot on the edge of a table or chair.
- Ensure that the front knee remains behind the toes during down phase (if not then increase stride length).
- Keep posture upright, looking forward as you lower yourself down.
- Both knees should bend.



## Glute Bridges

3 sets x 12 reps

- Lie on a mat or soft surface.
- Place feet shoulder width apart.
- Keep arms by the sides and head rested on the mat.
- Using mostly gluteal muscles, raise your pelvis and hips from the floor as high as possible.
- Lower yourself down ensuring the spine touches the floor first, the lower back and pelvis should then follow.

# Upper Body



## Press Ups on Floor or Raised Platform

3 sets x 10 reps

- Feet should be about hip width apart.
- Hands must be flat and slightly wider than the feet (this is for chest involvement).
- Hands must be directly below shoulders with fingers pointing forwards.
- Elbows should bend to 90° as you lower your entire body to the floor.
- Same instructions apply for raised platform variation.



## Punch (with weights)

2 x 1 minute (straight punches)

- Use small dumbbells or water bottles to provide resistance.
- Stand with one foot in front of the other, have the back foot poised onto toes.
- Punch forwards keeping core muscles tight.
- Keep the movement continuous and punch as.



## Triceps Dips

3 sets x 10 reps

- Use the edge of a chair or solid, stable ledge.
- Keep your legs straight out in front.
- Grip the edge of the chair with knuckles facing forwards.
- Bending the elbows, lower yourself as far as possible pointing elbows **DIRECTLY BEHIND** you at 90° angles.
- Straighten the arms back to the start position.

# Upper Body

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## Shoulder Press

**3 sets x 10-12 reps**

- Engage your core to prevent yourself from leaning backwards.
- Start with the dumbbells in line with your ears.
- Push up above your head to meet in the middle then bring them back down to start position.
- Repeat movement slowly and in a controlled manner.

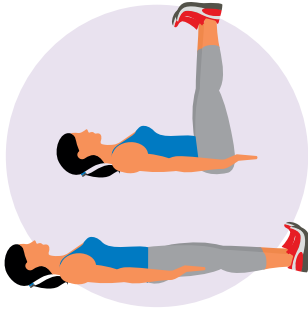


## Shoulder Circles (with weights)

**1 minute backwards, 1 minute forwards x 2**

- Use small dumbbells or bottles of water (or anything that adds resistance and is easy to grasp).
- Keep arms outstretched and parallel to the floor.
- Begin to continuously circle the arms backwards or forwards.
- The circles should be no bigger than football size.
- Repeat the movement in the opposite direction.

# Core



## Straight Leg Raises

3 sets x 12 reps

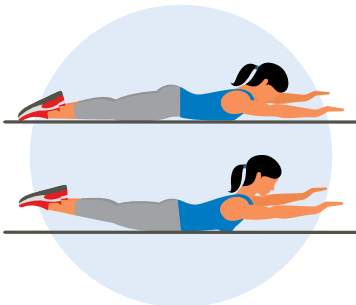
- Lie down on a mat or soft surface.
- Keep arms by the sides and head rested back.
- Keeping the legs straight raise both legs up to 90°.
- Slowly lower both legs back down to the floor.
- Ensure that the lower back does not lift off the floor.
- SLOW CONTROLLED down-phase ensures that the abs lengthen correctly.



## Heel Touches

3 sets x 10 reps (1 rep = left to right touches)

- You will need a mat for this exercise.
- Keep feet shoulder width apart and knees flexed.
- Lift your head from the mat to engage the abdominal muscles.
- Keep arms straight and fingers pointed forward as you slide towards one foot and then to another.
- Keep the movement continuous.



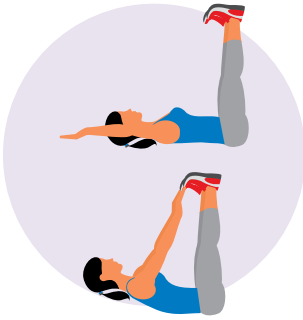
## Lower Back Extensions

3 sets x 12 reps

- Lie on your front on a mat or soft surface.
- Keep arms outstretched to the front.
- Using arms and legs, lift up as high as you can.
- You should feel your lower back region contract.



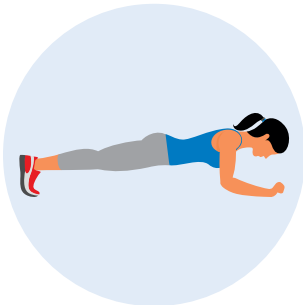
# Core



## Toe Touches

3 sets x 12 reps

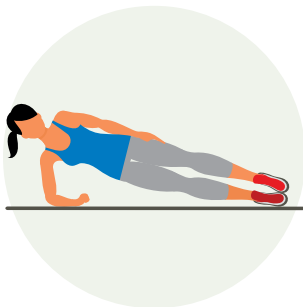
- Lie on your back on a mat or soft surface.
- Keep legs raised up to 90°.
- Raise your arms up and point towards your toes.
- Your back should lift off the mat as you curl up using the abdominal muscles.
- Ensure that the movement is controlled and steady.



## Plank

20-30 seconds

- Place elbows directly beneath your shoulders. Weight should be distributed directly beneath your upper arms, under the elbows.
- Do not round the spine or extend the neck.
- The best position for your feet is hip-width apart.



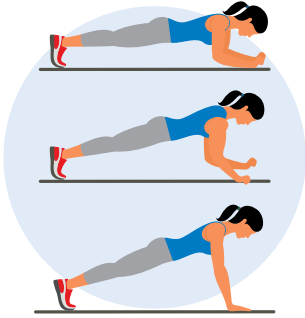
## Side Plank

20-30 seconds (each side)

- Start on your side with your feet together and one forearm directly below your shoulder.
- Raise your hips until your body is in a straight line from head to feet.
- Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.

# Pulse Raisers

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## Plank to Press Up

20-30 seconds

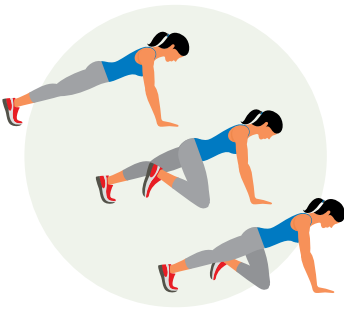
- Start in a press up position.
- Then go down into a plank position.
- Then go back up into a press up position.
- Keep your back nice and straight.
- Don't let your hips dip or rise too much.



## Walks Downs

20-30 seconds

- Start stood up.
- Then walk down into a press up position.
- Then walk back up into standing position.
- Repeat.



## Mountain Climbers

20-30 seconds

- Bring opposite knee into chest alternatively.
- Keep hips in line with shoulders, don't let them go too high.
- Keep your core engaged.

# Pulse Raisers

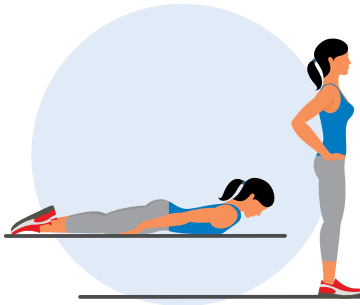
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## Burpees

20-30 seconds

- Start stood up.
- Crouch down.
- Jump your legs out together.
- Jump your legs back in to crouch position.
- Then jump up.
- Repeat.



## Stand Up – Lie Downs

20-30 seconds

- Lie on your front.
- Then stand up.
- Repeat this.

# Five Steps to Wellbeing

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## CONNECT

University is a great place to make new friends for life. Building stronger, wider social connections can help us feel happier and more secure, and gives us a greater sense of purpose.



## BE ACTIVE

Being active is great for your physical health and fitness with evidence showing that it can also improve your mental wellbeing. Being active doesn't mean you need to spend hours in the gym especially if that doesn't appeal to you. Meeting up for group exercise (yoga class, playing basketball, taking a walk) can improve your mood and can also be a great way to meet new people and build your social network.



## BE PRESENT. BE MINDFUL

Mindfulness is "openly experiencing what is there." It is about developing more awareness of what is around us – what we can see, smell, hear, touch and taste. And what is happening inside – our thoughts and feelings. Crucially, it is about observing all this but not getting caught up in thinking and worrying about what we are observing. It allows us more control to decide where we give our attention.



## KEEP LEARNING

University is a learning journey. It offers a unique opportunity for both academic and personal growth. Learning throughout life can improve and maintain our wellbeing by boosting our confidence and self-esteem, building a sense of confidence and helping us connect with others.



## GIVE

Most people would agree that giving to others is a good thing. On top of this, it can also improve your mental wellbeing. Whether it be small acts of kindness towards other people, or larger acts through volunteering, we can all gain a sense of purpose as well as feeling happier and more satisfied with life.