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## BODYWEIGHT EXERCISE GUIDE



# Introduction

Prioritizing your health is essential in living a happy, healthy life. There are many ways to do that, but one of the most important factors is a consistent physical activity routine, which can be done in many ways – inside, outside, with weights, or without weights. With the limitations caused by COVID-19, it is understandable that committing to an active lifestyle hasn't been as easy, but we hope this 2020 Bodyweight Exercise Guide encourages you to implement an exercise regimen you can stick to and continue using in the future.

## Features of the exercise guide:

- 10-day guide that can extend up to eight weeks
- Targeted exercise programs: full-body, lower body, core/abs, and upper body
- Each program should only take 30 minutes
- No exercise equipment required
- Ideal for individuals at the beginner to intermediate stage, but difficulty can be adjusted
- Progress tracking sheet provided for each program

## Please read and consider the following:

1. No one person is the same, so listen to your body to know your limits. Progress slowly by adjusting the number of repetitions, holds, sets, and resting time to better suit your current physical capacity.
2. Reps and sets can be adjusted to increase difficulty of the exercises.
3. Include an appropriate warm-up, as well as pre and post exercise stretches.
4. Remember to stay hydrated throughout each exercise program.
5. Track workout to maintain progress.

If you're just starting out or need a refresher on the basics of an effective workout, [click here](#)



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### Notice of Liability:

Although there are many benefits of exercising, there are exceptions. Do not exercise after breaking a bone, joint sprain, or if you have suffered an acute muscle strain. If you are unsure whether this is for you, consult your trusted health practitioner before you participate. By using this guide, Medisys supported by TELUS Health does not accept liability for any health condition as a result of its educational material. It is your responsibility to make educated decisions and create your own course of action.

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# 10 Benefits to Being Physically Active

Congratulations! You've made it this far, which means you understand the importance of physical activity in your daily routine. Regular exercise has a long list of benefits that you may not be aware of, including the 10 benefits below. We hope these can encourage you throughout your workout program and help keep you moving forward with your fitness goals.

**1. Reduce the risk of chronic diseases.** Being active for at least 2.5 hours per week, with each workout a minimum of 30 minutes, can help reduce risk of the following: premature death, heart disease, stroke, high blood pressure, select types of cancer, and type 2 diabetes.<sup>1</sup>

**2. Live longer.** Being fit is associated in living longer, and this is true at any age as there is a clear relationship between cardiorespiratory fitness and survival rates. Higher levels of fitness increase rates of survival, which is specifically true for older people and those with high blood pressure.<sup>2</sup>

**3. Help promote positive mental health outcomes.** Exercise helps your mood and makes you feel more confident. It helps manage and prevent depression and anxiety, improves energy, alertness, stamina, and reduces stress.

**4. Improve sleep.** There is strong evidence that exercising helps you fall asleep faster and improves the quality of your sleep. There is still some debate around when you should exercise and whether this affects your sleep, but the impact differs from person to person.<sup>3</sup>

**5. Keeps you regular.** Exercise increases blood flow throughout your body, which includes your muscles around the digestive tract – thus helping move food through the digestive system. Exercise can also help improve heartburn, gas stomach cramps, and constipation and, in the long term, will increase microbiota in your gut, which helps reduce the chances of colon cancer.<sup>4</sup>

**6. Strengthen bones.** As you age, it's important to protect your bones, joints, and muscles. Research shows that doing weight bearing and resistance exercises, along with stretching, can slow the loss of bone density that comes with age. These activities can help activate the cells and fibers in the bone to help increase your bone density.<sup>5</sup>

**7. Improve neuromuscular coordination.** Focusing on exercises that work on more than one muscle group helps with muscle coordination, which is important as it improves balance and can help reduce falls and fall-related injuries among older adults.<sup>6</sup>

**8. Positively influence sex drive.** Research shows that exercise helps mitigate erectile dysfunction and increase testosterone levels. Likewise, physically active women also have increased desire, arousal, and satisfaction compared to sedentary women.<sup>7</sup>

**9. Boost energy.** Working out increases blood flow and cardiovascular health, which increases your overall endurance throughout the day. To reap this benefit, you should be working out between 30-40 minutes five days a week – and lucky you, this exercise guide does exactly that!<sup>8</sup>

**10. Provide the opportunity to be social.** Engage in activities that help you unwind and make you happy! Taking part in physical activity with your friends and family is a great way to connect in a fun and social way.

## References:

<sup>1</sup>The effect of physical activity on mortality and cardiovascular disease in 130 000 people from 17 high-income, middle-income, and low-income countries: the PURE study, 2017 <sup>2</sup>Can exercise extend your life?, 2019 <sup>3</sup>Exercising for better sleep <sup>4</sup>Digestive health exercise <sup>5</sup>Exercise can help you keep your bones strong, 2018 <sup>6</sup>Improving muscular coordination <sup>7</sup>How Exercise Can Improve Your Sex Life, 2017 <sup>8</sup>Why Exercise Boosts Mood and Energy, 2019

# Day 1: Lower Body Activation Exercises

The lower body program will have you working out the following muscle groups: **quadriceps, hamstrings and glutes**. For a complete workout, **go through this program once**. It will be normal to feel sore after a program like this, so be diligent in stretching after to help limit soreness.

## 1. Full Squat

**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds



- Stand with feet hip-width apart, toes pointing straight ahead.
- Keep your back straight and push your knees 3-4cm in front of your feet, keeping the knees over the second to third toe of each foot.
- Lean forward, sit back on your heels until your thighs are parallel with the floor.
- Do not let your back bend until the thighs are below parallel.
- Sit on your heels (heels on the floor) and keep your feet straight. At this point, you can round your back.
- Return to the standing position using your glutes and hamstrings to lift you up.

## 2. Lunge to High Knee

**Sets:** 2 **Reps:** 6 to 8 per leg **Rest:** 60 seconds



- Start in a lunge position.
- Bring your back leg through and up into a bent knee position while straightening your support leg and coming up onto your toes.
- Step back to return to the starting lunge position.
- Make sure to keep your hips level and do not twist your body (chest and shoulders facing forward at all times).

## 3. Single Leg Deadlift

**Sets:** 2 **Reps:** 6 to 8 per leg **Rest:** 60 seconds



- Stand on one leg.
- Hinge at the hips while keeping your spine neutral, bend forward, bending the support knee as you hinge forward.
- Your hips should be facing forward and aligned for the entire duration of the exercise.
- Return to the standing position using your glutes and hamstrings to lift you up.

## 4. Bridge with Knee Extension

**Sets:** 2 **Reps:** 6 to 8 per leg **Rest:** 60 seconds



- Start on your back with your knees bent and your feet on the floor.
- Lift the hips off the floor by squeezing the glutes.
- From this position, extend one leg, keeping the thigh parallel and contract your quads.
- Lower the foot down on the floor and repeat with the other leg.
- There should be no movement of the pelvis while lifting one leg.

## 5. Modified Side Plank + Clam

**Sets:** 2 **Reps:** 6 to 8 per side **Rest:** 60 seconds



- Position yourself in a modified side plank on your knees.
- Support yourself on your forearm-elbow directly under your shoulder.
- Roll the pelvis slightly forward.
- From this position, lift the top knee, keeping the feet together.
- Do not move your hips as you lift the knee.

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# Day 2: Full-Body Activation Exercises

To maximize recovery and energy from yesterday's workout, today we decrease intensity but increase the number of reps. This program should leave you feeling more energized and not exhausted, which will help promote your body's recovery for an easier transition to your next work out. Today's program focuses on mobilizing the **hip and shoulder** joints to promote circulatory tissue activity to counter sedentary lifestyles.

For a complete workout, **go through this program twice**. If you would like to make it easier the second time around, you can cut down the repetitions and hold time.

Be diligent in stretching after each program, specifically after this full body activation program.

REMEMBER  
TO HYDRATE  
DURING YOUR  
WORKOUT!



## 1. Horizontal Arm Circles

Reps: 60 Rest: 30 seconds



- Stand up with your arms parallel to the floor and on each side.
- Make circles with your arms, keeping the elbows straight.
- 30 reps forward motion and 30 reps backward motion.

## 2. High Knee Alternate Touch

Reps: 40 Rest: 30 seconds



- Walk on place with high knees and reach toward the knee with the opposite hand.
- Alternate 20 repetitions on each side for a total of 40 reps.

## 3. Single Leg Stance

Hold: 60 seconds Rest: 30 seconds



- Stand with your feet close together and your hands by your waist.
- Shift your weight to one side and lift the other leg to 90 degrees in front by activating your abdominals and your glutes, keeping your pelvis completely still while you transfer your weight.
- Return to the initial position and repeat with the other leg.
- Avoid dropping your hip when you elevate your leg; also avoid any side bending of the torso toward the standing side or any internal rotation of the supporting knee.

## 4. Abdominal Plank

Hold: 30 to 60 seconds Rest: 60 seconds



- Start in all fours, then prop yourself up on your forearms and toes with your chin tucked in.
- Lift up your body, creating a straight line with your body.
- Maintain the position without arching the lower back.

## 5. Alternate Knee Tucks

Reps: 20 per leg Rest: 30 seconds



- Stand upright, bring your knee to your chest and grasp it with both arms to pull it closer to your chest.
- Lower the foot on the ground and repeat with the other leg.

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# Day 2: Full-Body Activation Exercises (cont'd)

## 6. Sit to Stand/Squat



**Reps:** 40 **Rest:** 60 seconds

- Sit on the edge of the chair with opposite hands on each shoulder.
- Stand up tall, keeping back straight.
- Slowly return to sitting position, while maintaining straight back.

## 7. Rotary Stability



**Reps:** 15 **Rest:** 60 seconds

- Get on your hands and knees (all fours position) with your knees directly under your hips and your hands directly under your shoulders.
- Keep your back in neutral position (slightly arched) and your chin tucked in.
- Lift one arm overhead and the opposite leg straight back so they are both parallel to the ground.
- Return the arm and leg down without touching the ground and touch the elbow to the opposite knee, keeping your back in neutral position and your chin tucked-in.
- Repeat with the other arm and opposite leg.

## 8. Isometric Push-up Position



**Hold:** 30 to 60 second **Rest:** 60 seconds

- Start on all fours.
- Lift your pelvis until parallel to your torso and thighs and push the feet backward to lift yourself in a prone plank position onto your hands.
- Hold the position.

## 9. Push-up



**Reps:** 10 to 20 **Rest:** 60 seconds

- Lie on your stomach with your knees bent.
- Lower your chest and then raise it by bending and straightening your elbows (push-ups).
- Return to your original position.
- To progress, repeat with your knees straight.

## 10. Hip Abduction



**Reps:** 20 per leg **Rest:** 30 seconds

- Lay on your side, your arm under your head to support it, and your lower leg bent.
- Lift the top leg up to about 30 degrees, keeping the foot parallel to the ground and the thigh aligned with the body (do not move it forward as you lift).

Be diligent in stretching after each program. Join the Stretch for Success Challenge by [clicking here](#).

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## Progress Tracking: Full-Body Activation Exercises

Write down the number of repetitions, holds and other important details of the workout so you can track your progress over time.

		Date			
Exercise	Reps/Holds				
Horizontal Arm Circles	Round 1				
	Round 2				
High Knee Alternate Touch	Round 1				
	Round 2				
Single Leg Stance	Round 1				
	Round 2				
Abdominal Plank	Round 1				
	Round 2				
Alternate Knee Tucks	Round 1				
	Round 2				
Sit to Stand/ Squat	Round 1				
	Round 2				
Rotary Stability	Round 1				
	Round 2				
Isometric Push-up Position	Round 1				
	Round 2				
Push-up	Round 1				
	Round 2				
Hip Abduction	Round 1				
	Round 2				

### Notes:

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# Day 3: Core & Abdominal Activation

## Know your limits

Listen to your body.  
Progress slowly by adjusting the number of repetitions, sets, and resting time to better suit your physical capacity.

This program will focus on the **core and abdominals**. It is particularly important to focus on proper form for these exercises, as a strong core is important for everyday activities. For example, chronic lower back issues can be attributed to a weak core. For a complete workout, **go through this program once**. Note that this program will leave you sore around the midriff area.

## 1. Abdominal Plank



**Sets:** 2 **Hold:** 30 to 45 seconds **Rest:** 60 seconds

- Start in all fours, then prop yourself up on your forearms and toes, with your chin tucked in.
- Lift up your body, creating a straight line with your body.
- Maintain the position without arching the lower back.

## 2. Side Plank



**Sets:** 2 **Hold:** 30 to 45 seconds **Rest:** 60 seconds

- Lie on your side with your legs straight and in line with your body.
- Support the upper body on the elbow/forearm, with the elbow directly under the shoulder.
- Place your top hands on your top hip.
- Lift your pelvis off the floor to create a straight line with your body, and hold the position without allowing your pelvis to drop.
- Repeat on the other side.

## 3. Partial Crunch



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Lie on your back with your knees bent and your feet flat on the floor.
- Tighten your stomach muscles and flatten your back against the floor. Tuck your chin to your chest.
- With your hands stretched out in front of you, curl your upper body forward until your shoulders clear the floor.
- Don't hold your breath. It helps to breathe out as you lift your shoulders up.
- Lower back your head and shoulders.

## 4. Active Double-Leg Lowering



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Lie on your back with both legs up toward the ceiling.
- Lower both legs toward the floor while keeping your lower back flat on the floor and knees straight.
- Bring the legs to the lowest point where you can still maintain the lower back flat on the floor without heels touching the floor and then return to the starting position.

## 5. Stabilization Rotation



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Sit in a v-position, with your feet in the air and holding a ball (resistance ball or weight preferred but not necessary) in front of you with straight arms.
- Activate your lower abdominals by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20% to 30% of a maximum contraction.
- Maintain steady abdominal breathing while you rotate your trunk to one side and the other keeping your lower back and arms straight.

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# Day 4: Full-Body Activation Exercises

The goal of today's exercises is to decrease intensity by increasing the number of reps to maximize recovery and energy. This program focuses on mobilizing the **joints—hips, back, ankles and shoulders**—to promote circulatory tissue activity.

For a complete workout session, **go through this program twice**. To make it easier on the second round, cut down the repetitions and hold for the amount of time indicated in the program. Use the tracking sheet provided at the end of this program to record your sets, reps, and hold time.

## 1. Shoulder Rotation



**Reps:** 20

- Stand tall and rotate the shoulders from backward then forward.
- Do not move the head while doing the movement.

## 2. Alternate Forward Lunge



**Reps:** 12 per leg **Rest:** 60 seconds

- Stand with your knee at hip width, take a step forward and bend your knee and hip to 90 degrees.
- Keep your torso and your hip stable and the foot aligned with the knee and the hip.
- Return to the starting position while controlling the movement, then repeat.

## 3. Shoulder Circumduction



**Reps:** 20

- Stand or sit straight and place your hands on your shoulders.
- Move your elbows up, in, out, and down in order to make circles with your elbows that are as large as possible.

## 4. Horizontal Movements Shoulders



**Reps:** 20

- Put your hands on your shoulders and open/close the arms.
- Keep the arms horizontal.
- Keep the back in neutral; do not arch.

## 5. Shoulder Rotation



**Reps:** 20

- Stand tall with your arms on the side, 90 degrees from the body with the elbows bent 90 degrees.
- Rotate your arms up and down, keeping your upper arm still.

## 6. Standing Hip Abduction



**Reps:** 20 per leg **Rest:** 30 seconds

- Stand on one leg.
- Slowly abduct the other leg directly on the side, keeping the body still.
- Hold the position and slowly return to the starting position.
- Place a hand on your belly to monitor any unwanted movement. Do the movement in front of a mirror to monitor and correct your posture.
- Repeat with the other leg.
- Keep the movement in the pain-free range of motion.

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# Day 4: Full-Body Activation Exercises (cont'd)

## 7. Stabilization Superman

**Reps:** 20 per side **Rest:** 30 seconds



- Lie on your stomach with your chin tucked in and one arm by your ear.
- Activate your lower abdominals by bringing your belly button inward and by activating your pelvic floor muscles 20% to 30% of maximum contraction.
- Maintain a steady abdominal breathing while you lift your arm and opposite leg off the floor.
- Lower your arm and leg back down and repeat with the other arm and opposite leg.

## 8. Plantar Flexion on Two Legs

**Reps:** 30 **Rest:** 30 seconds



- Stand on both feet with your hands on a chair, table, or wall for balance.
- Raise on your tiptoes without bending the knees.
- Lower under control to come back to the starting position and repeat.

## 9. Foundation Squat

**Reps:** 30 **Rest:** 60 seconds



- Stand with your feet slightly more than shoulder-width apart.
- Keep your weight back on your heels. Work on pushing your heels into the ground, as if you are trying to spread the floor apart.
- Bring your arms out in front, as you begin pushing your butt behind you. Keep your back in extension.
- Keep pressing your hips back as you continue to bend your knees deeper into the squat until it is in 90 degrees.
- Press through your heels to come back up with your arms at your sides.

## 10. Thread the Needle

**Reps:** 20 per arm **Rest:** 30 seconds



- Start in a four-point position with your hands directly under the shoulders and the knees under the hips.
- Keep your chin in, back straight and shoulders back.
- With one arm, reach under the other as far as possible rotating and rounding your upper back.
- Bring your arm back and reach back in the opposite direction as far as possible.
- Keep your elbow bent to 90 degrees and look at your moving hand at all times.
- Repeat with the other arm.

## 11. Push-up

**Reps:** 10 to 20 **Rest:** 60 seconds



- Lie on your stomach with your knees bent.
- Lower your chest and then raise it by bending and straightening your elbows (push-ups).
- Return to your original position.
- To progress, repeat with your knees straight.

## 12. Feet Elevated Bridge

**Reps:** 20 to 30 **Rest:** 30 seconds



- Set up a chair by making sure it is secure and will not slip.
- Start with your feet on a chair and your knees and hips bent at 90 degrees.
- Form a full bridge to allow your body to be straight.
- Lower under control.

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## Progress Tracking: Full-Body Activation Exercises

Write down the number of repetitions and other important details of the workout so you can track your progress over time.

		Date			
Exercise	Reps				
Shoulder Rotation	Round 1				
	Round 2				
Alternate Forward Lunge	Round 1				
	Round 2				
Shoulder Circumduction	Round 1				
	Round 2				
Horizontal Movements Shoulders	Round 1				
	Round 2				
Shoulder Rotations	Round 1				
	Round 2				
Standing Hip Abduction	Round 1				
	Round 2				
Stabilization Superman	Round 1				
	Round 2				
Plantar Flexion on Two Legs	Round 1				
	Round 2				
Foundation Squat	Round 1				
	Round 2				
Thread the Needle	Round 1				
	Round 2				
Push-up	Round 1				
	Round 2				
Feet Elevated Bridge	Round 1				
	Round 2				

### Notes:

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# Day 5: Upper Body Activation Exercises

This is the final workout before you take a break, either for one or two days. This upper body program will have you working out your **pectorals, shoulders and triceps**. Sitting down for prolonged periods of time can cause you to slouch, which can cause discomfort – and even pain – in the muscles behind your neck and shoulders. Strengthening these muscles will help avoid that pain.

For a complete workout, **go through this program once**. Some of these exercises can be challenging, so listen to your body and know your limits as always.

Use the tracking sheet provided at the end of this program to record your sets, reps, and hold times.

## 1. Push-up on Feet



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Lie on your stomach with your hands beside your shoulders.
- Raise your body off the floor by straightening your elbows, keeping your chin tucked in and your body straight as a plank.
- Bend your elbows and lower yourself back down to the floor.
- Repeat.

\*You can also modify your push-ups by keeping your knees on the ground.\*

## 2. Pike Press



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Start in a pike position (on your feet and hands with your hips elevated and knees straight).
- Bend your elbows to bring your head closer to the floor.
- With your face close to the floor, flatten your back into a push up position.
- Do a push up.
- Repeat.

## 3. Strengthening Triceps



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Set up a chair by making sure it is secure and will not slip.
- Sit on a chair and place hands on the edge of the chair.
- Slowly move your body in front of the chair by bending the elbows and the knees.
- Straighten your elbows by pushing up on the chair.
- Return and repeat.

## 4. Low Trap Raise



**Sets:** 2 **Hold:** 30 seconds **Rest:** 60 seconds

- Lying on your stomach, rolled towel under your forehead, place your arms straight in a “V” shape on each side of your head.
- Prior to starting, tuck the shoulder blades down to better activate the lower traps.
- Raise your arms and bring them back down while keeping the torso still.
- Start with very small movements then gradually increase distance off the ground.

## 5. Reverse Plank on Hands



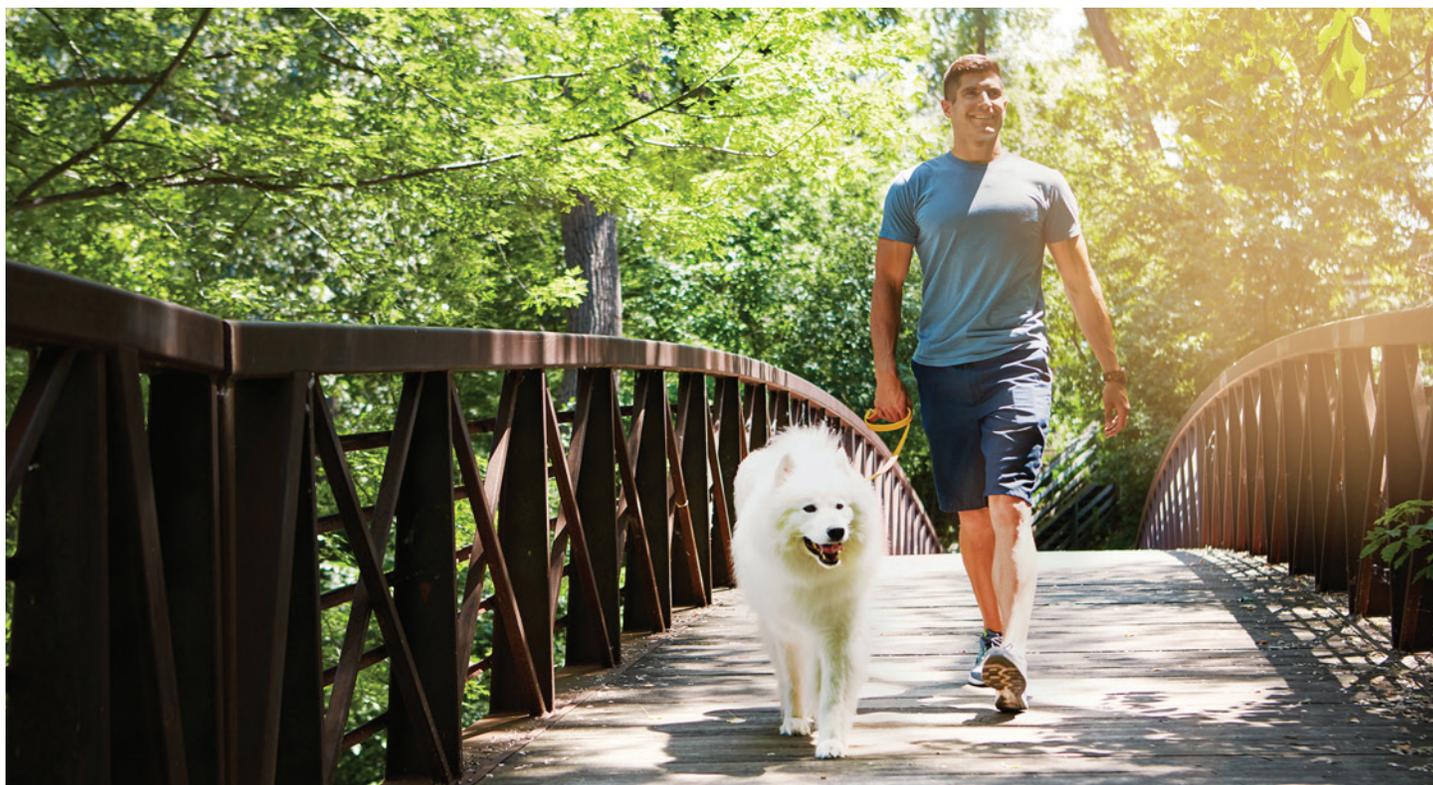
**Sets:** 2 **Hold:** 15 to 20 seconds **Rest:** 60 seconds

- Sit on the floor with your legs extended in front of you.
- Place your palms, with fingers spread wide, on the floor slightly behind you.
- Press into your palms, and lift your hips and torso toward the ceiling. Keep your entire body strong, and form a straight line from your head to your heels.
- Hold position for desired time.

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# Rest Days



Did you know rest days are just as important as your exercise days? No workout plan should exclude days of rest, as they allow the body to strengthen the muscles you've been working out and improve the cardiovascular capacity. In this guide, we recommend you take two full days to recover from the five previous days of exercising, but that is not a hard and fast rule. Take a break from this guide whenever you feel it is necessary and move at a pace that is comfortable for you.

That said, keep in mind that rest days don't need to mean not doing anything at all. Activities that are light-to-moderate in intensity are referred to as active recovery, and can last as little as 15 minutes. Implementing active recovery days to your routine is important, as they will promote blood flow to the body that helps speed up the healing process from previous physical exertion. Do an activity that you enjoy! It will help you maintain your active routine.



**Walk / Jog Outside**



**Meditation**



**Stretch**



**Ride a Bike**



**Yoga**



**Hike**

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# Day 6: Lower Body Activation Exercises

**Remember to Hydrate!**

Join the 9-Day Hydration Challenge



Welcome back! This week's exercises begin with another lower body program. As with the first week, we are still focusing on the **quadriceps, hamstrings, and glutes**. Prolonged sitting can cause hip pain, which can hinder your range of motion, but hip strengthening exercises and mobility drills can help you avoid this! Make sure you dedicate some time after your workout to stretch the areas we are targeting with this program.

For a complete workout, **go through this program once**. This program may feel a little harder than the first, so make sure you listen to your body to know your limits.

## 1. Wall Sit Isometric, Knees 90 Degrees



**Sets: 3 Hold: 30 seconds Rest: 60 seconds**

- Start with your back against the wall, feet hip-width apart and knees bent 90 degrees.
- Start by lifting up through your breastbone drawing your shoulders back against the wall, opening up through the front of the shoulders. Keep your lower rib cage relaxed and down.
- Roll your pelvis forward or back so that there is a slight arch in the lower back, but control any excessive arch by engaging your lower core.
- Nod your chin slightly, sliding the back of your head up the wall to bring the neck to neutral, the plane of the face parallel to the wall.
- Hold this position.

## 2. Glute bridge with leg raise



**Sets: 2 Reps: 6 to 8 per leg Rest: 60 seconds**

- Lie on your back with one knee bent, foot on the floor, and the other leg straight.
- Contract your abdominal muscles and your buttocks while lifting your buttocks off the ground until your trunk is aligned with your supporting leg.
- Keeping the pelvis up, move the straight leg up and down keeping the knee straight and the body aligned with the supporting leg.
- Repeat using your other leg.

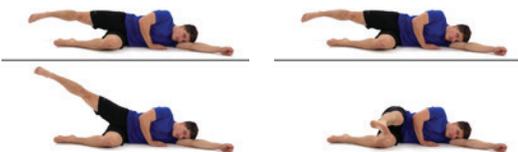
## 3. Crossover Forward Lunge



**Sets: 2 Reps: 6 to 8 per leg Rest: 60 seconds**

- While standing, lunge forward while moving the leg across the midline of your body.
- Keep your front foot, hips and trunk facing forward.
- You should feel a stretch in the front leg's glute while performing the step forward.
- Come back and repeat the exercise with the other leg.

## 4. Hip Abduction & Hip Flexion



**Sets: 2 Reps: 6 to 8 per leg Rest: 60 seconds**

- Lie on your side with your bottom knee bent to 90 degrees.
- With one hip over the other, lift your leg as high as possible and then return.
- Now bring your leg forward into flexion as far as possible and then return.
- Repeat.

## 5. Plantar Flexion, One Foot



**Sets: 2 Reps: 10 to 12 per leg Rest: 60 seconds**

- Stand on one foot on floor, step, next to a chair or a wall to hold.
- Come onto the toes of the foot without bending the knee or turning the ankle.
- Slowly drop back down and repeat.

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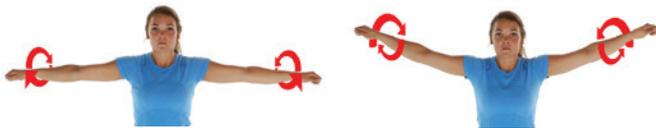
# Day 7: Full-Body Activation Exercises

## Know your limits

Listen to your body.  
Progress slowly by adjusting the number of repetitions, sets, and resting time to better suit your physical capacity.

The focus of this program is on the mobilization of the **hip, back and shoulder joints**. The intensity for this program will be higher than the previous full body activation programs. This program presents a postural stabilization challenge. Be sure to focus on your body position, master the lunges, one-foot balance, and back rotation exercises before starting. For a complete workout, **go through this program twice**. If you feel this is beyond your physical capacity, please refer to the previous full body activation programs. The most important thing is to stay active!

## 1. Horizontal Arm Circles



**Reps:** 60 **Rest:** 30 seconds

- Stand up with your arms parallel to the floor and on each side.
- Make circles with your arms, keeping the elbows straight.
- 30 reps forward motion and 30 reps backward motion.

## 2. Squat Lift Arms



**Reps:** 15 **Rest:** 30 seconds

- Place your feet shoulder width apart with your feet facing straight forward.
- Perform a squat as low as possible, keeping your pelvis nice and straight.
- At the bottom, lift one arm overhead then the next.
- Return your body to the starting position, keeping the hands overhead.

## 3. Strengthening Plantar Flex



**Reps:** 20 per leg **Rest:** 30 seconds

- Stand on your right foot on the floor or next to a chair or counter.
- Unload through chair/counter to raise yourself onto your toes without bending your knee.
- Return to the initial position and repeat.

## 4. Toe Touch



**Reps:** 10 per side **Rest:** 30 seconds

- Stand on one leg and reach for the exterior of the foot with the opposite hand.
- Keep the knee straight and the back neutral with the head aligned.
- Flex at the hip and not in the lower back.
- The knee must be centered with the foot, keeping front knee straight.

## 5. Rotating Triangle Lunge



**Reps:** 10 per side **Rest:** 30 seconds

- Adopt a lunge position with the rear leg stretched behind you.
- Put hands on the floor on the inside of the front foot.
- Rotate the trunk toward your front leg by moving your free hand up and looking at your hand.
- Bring your hand back down. Then repeat.
- Keep your nice lunge position at all times.
- Perform the exercise on the other side.

## 6. Raised Quadruped



**Hold:** 30 to 60 seconds **Rest:** 30 seconds

- Start on your hands and knees with your hands directly under your shoulders and knees directly under your hips.
- Keep your back flat as if you were making a box shape with your body.
- Curl your toes under, raise your knees one inch off the ground and hold the position.

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# Day 7: Full-Body Activation Exercises (cont'd)

## 7. Thoracic Extension



**Reps:** 12 per side **Rest:** 30 seconds

- Start on all fours and place one hand on the side of the head with the elbow elevated.
- Lift the elbow up and behind while you rotate in the thoracic region. The head will follow the spine as you induce rotation.
- Lower the elbow and try to reach across under the body.
- Keep the lumbar region still during the movement. Focus on the thoracic part of the spine.

## 8. Lunge Steps with Rotation



**Reps:** 10 per side **Rest:** 30 seconds

- Start by standing straight.
- Take a step forward and lower into a lunge with your knee over your front foot.
- Then, turn your torso and upper body in both directions.
- Avoid compensating by rolling into an anterior pelvic tilt that will result in hyperextension in the lumbar spine.

## 9. Lunge to High Knee



**Reps:** 10 per leg **Rest:** 30 seconds

- Start in a lunge position.
- Bring your back leg through and up into a bent knee position while straightening your support leg and coming up onto your toes.
- Step back to return to the starting lunge position.
- Make sure to keep your hips level and do not twist your body (both shoulders facing forward at all times).

## 10. Push-up Twists



**Reps:** 6 to 10 per side **Rest:** 30 seconds

- In a push-up position with feet hip width and hands shoulder width, make an actual push-up then rotate on your feet and on your supporting arm/shoulder to one side.
- As you rotate, lift the arm up so you look like a "T".
- The rotation does not come from the lumbar spine but from the hips.

## 11. Modified Side Plank Leg Circles



**Reps:** 20 per leg **Rest:** 30 seconds

- Place your knees in line with your torso with your top leg straight.
- Circle the top leg from front to back with your toes pointing slightly upward to emphasize the contraction of the buttock muscles as the leg is moving behind the body.
- Keep your pelvis/torso stable, preventing pelvic twist or sag.

At the end of your workout take some time to complete stretches. It is not only essential to include stretching after exercising, but also including it in your daily routine. Stretching helps with mobility, back health, and overall posture.

Join the  
Stretch for  
Success  
Challenge!



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## Progress Tracking: Full-Body Activation Exercises

Write down the number of repetitions and other important details of the workout so you can track your progress over time.

		Date			
Exercise	Reps				
Horizontal Arm Circles	Round 1				
	Round 2				
Squat Lift Arms	Round 1				
	Round 2				
Strengthening Plantar Flex	Round 1				
	Round 2				
Toe Touch	Round 1				
	Round 2				
Rotating Triangle Lunge	Round 1				
	Round 2				
Raised Quadruped	Round 1				
	Round 2				
Thoracic Extension	Round 1				
	Round 2				
Lunge Steps with Rotation	Round 1				
	Round 2				
Lunge to High Knee	Round 1				
	Round 2				
Push-up Twists	Round 1				
	Round 2				
Modified Side Plank Leg Circles	Round 1				
	Round 2				

### Notes:

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# Day 8: Core & Abdominal Activation Exercises

This program will focus on the **core and abdominals**, which are very important for everyday activities. For these types of exercises, it is important to focus on the proper form. For a complete workout, **go through this program once**.

## Remember

Do a proper warm-up before your workout!



## 1. Supine Leg Lift



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Lie on your back with your legs straight and your back in a neutral position (slightly arched).
- Engage your core with your pelvic floor and transverse abdominis.
- Maintain steady abdominal breathing while you slide both feet towards your buttocks bending your knees and hips, keeping your back and pelvis completely still.
- Lift both feet off the surface when they get close to your buttocks until your thighs are vertical.
- Return slowly to the initial position by lowering both legs and repeat.

## 2. Abdominals (bike)



**Sets:** 2 **Duration:** 30 seconds **Rest:** 60 seconds

- Lie on your back.
- Bend one knee while raising the opposite elbow towards it.
- Repeat with the opposite side.

## 3. Superman



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Start in a push-up stance, foot apart, tighten your abdominals and lift one arm and the opposite leg without allowing the trunk to move or rotate.
- Reach far away in front of you with your hand and far behind with your foot instead of just lifting them up.
- Keep the trunk braced and spine neutral.
- Repeat with the opposite hand and leg.

## 4. Rotation Side Plank



**Sets:** 2 **Reps:** 6 to 8 per side **Rest:** 60 seconds

- Laying down on your side, bend your knees to 90 degrees and place your legs in line with your body.
- Place your elbow on the ground right underneath your shoulder.
- Lift your pelvis from the ground and separate your knees.
- With your arm pointed in the air, rotate your arm underneath your body as far as possible.

## 5. Inch Worms



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Start in a push-up position.
- Walk your feet to your hands, keeping your knees straight and your heels on the ground. Stop when you feel a stretch in the back of your legs.
- Then slowly walk your hands away from your feet until the stretch goes away.
- This can be performed by either walking your hands back toward your feet or walking your feet toward your hands.
- Make sure to brace your core to keep your spine stable.

Addition - Add a jump at the end

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# Day 9: Full-Body Activation Exercises

One of the goals of this training program is to keep you active while changing the intensity from one day to another, which should help with your energy. The focus of today's program is mobilizing the **hip and shoulder joints**, and the intensity is higher than the previous full-body activation programs. **Complete this program twice**; if you can do so in under 30 minutes, go through it a third time. If you feel this is beyond your current physical capacity, please refer back to the previous full-body activation programs.

**Note:** Individuals known to have osteoporosis or other joint limitations are advised not to engage in this program

## 1. Shoulder Circumduction



**Reps:** 20

- Stand or sit straight and place your hands on your shoulders.
- Move your elbows up, in, out, and down in order to make circles with your elbows that are as large as possible.

## 2. Lateral Leg Swings



**Reps:** 15 to 20 per leg

- Stand in front of a wall for balance.
- Swing your leg with a side-to-side motion starting from the hips.
- Do not round the upper back.
- Don't push on speed; try to increase the amplitude gradually as you go through the repetitions.

## 3. Leg Swings



**Reps:** 15 to 20 per leg

- Put one hand on a wall to help your balance and swing your leg front to back moving from the hips.
- Maintain a good upper body posture during the movement and keep your core muscle engaged.
- Focus on limiting the rounding and arching of your lower back while you execute the exercise.

## 4. Floor Touch



**Reps:** 20 **Rest:** 15 to 30 seconds

- Stand upright and flex the knees and hips to touch the floor with both hands between your feet.
- For more intensity, try to clap your hands overhead once in the standing part of the motion.

\*Important: If you experience any back pain or limitation, touch your ankles, your middle legs or even your knees according to the level of limitation.

## 5. Small Jump



**Reps:** 10 to 30 **Rest:** 15 to 30 seconds

- Stand up straight and look directly ahead of you (if necessary, hold a table or chair for support).
- Hop up and down with both feet in unison.
- Mimic the action of skipping rope with an imaginary rope.

## 6. Jumping Jacks



**Reps:** 10 to 30 **Rest:** 15 to 30 seconds

- Lift your arms above your head when your feet come together.
- Lower your arms parallel to the ground when you open your feet.

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# Day 9: Full-Body Activation Exercises (cont'd)

## 7. Plank with Hand Tap



**Reps:** 10 to 20 **Hold:** 1 to 2 seconds **Rest:** 30 seconds

- Position yourself in a plank position on your hands (push-up position). Feet should be shoulder-width apart.
- Keep your abdominals braced and tap a shoulder with the opposite the hand, and hold for one to two seconds.
- Make sure your hips and trunk don't shift to one side as you tap.
- Your trunk should remain still.
- Repeat using the other hand and shoulder.

## 8. Stabilization Superman



**Reps:** 20 per side **Hold:** 1 to 2 seconds

- Lie on your stomach with your chin tucked while you lift your arm and opposite leg off the floor.
- Lower your arm and leg back down to the floor and repeat with the other arm and opposite leg.
- Make sure to use a towel for your forehead to keep comfortable.
- Lift both segments in a slow motion, do not be explosive on this movement.
- Try to hold raised position for 1 to 2 seconds before getting back down.

## 9. Glute Bridge



**Reps:** 15 to 25 **Hold:** 1 to 2 seconds

- Lay on your back with your knees bent and feet shoulder-width apart and your arms to your side.
- Squeeze buttock and lift up until your thighs are in line with your torso.
- With 90% of your weight in the legs.

## 10. Hip Flexion in Supine



**Reps:** 10 to 20 per leg

- Lie down on your back with your head well supported.
- Bend one of your legs and extend your other leg completely.
- Lift your leg toward the ceiling without bending your knee or releasing your foot.
- Focus on maintaining contact between your lower back and the floor both during the up and down part of the movement.
- If you feel your lower back arching too much or any discomfort, try not returning the leg back to the floor as you lower your extended leg.

## 11. Leg Abduction



**Reps:** 10 to 20 per leg

- Lay on your side with your bottom knee bent and your head supported.
- Make sure your top leg is extended and in line with your body, not in front.
- Lift your leg up.
- Keep the foot pointed forward; you don't want your toes to turn up during the movement.
- Lower and repeat.

## 12. Rotary Stability



**Reps:** 10 to 15 per side **Hold:** 1 to 2 seconds **Rest:** 30 seconds

- Get on your hands and knees (all fours position) with your knees directly under your hips and your hands directly under your shoulders.
- Your back is in neutral position (slightly arched) and your chin must be tucked in.
- Lift one arm overhead and the opposite leg straight back.
- Return the arm and leg down without touching the ground and touch the elbow to the opposite knee, keeping your back in neutral position and your chin tucked-in.
- Repeat with the other arm and opposite leg.

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## Progress Tracking: Full-Body Activation Exercises

Write down the number of repetitions, holds and other important details of the workout so you can track your progress over time.

		Date			
Exercise	Reps				
Shoulder Circumduction	Round 1				
	Round 2				
Lateral Leg Swings	Round 1				
	Round 2				
Leg Swings	Round 1				
	Round 2				
Floor Touch	Round 1				
	Round 2				
Small Jump	Round 1				
	Round 2				
Jumping Jacks	Round 1				
	Round 2				
Plank with Hand Tap	Round 1				
	Round 2				
Shoulder Circumduction	Round 1				
	Round 2				
Glute Bridge	Round 2				
	Round 2				
Hip Flexion in Supine	Round 1				
	Round 2				
Leg Abduction	Round 1				
	Round 2				
Rotary Stability	Round 1				
	Round 2				

### Notes:

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# Day 10: Upper Body Activation Exercises

This upper body workout will be harder than the previous program, so make sure you pace yourself. It focuses on strengthening the **shoulders, triceps, and pectoral muscles**. For a complete workout, **go through this program once**.

This is the last program of the guide, but don't forget that you can carry this guide forward by adjusting sets, reps, and hold times to challenge yourself.

## 1. Yoga Push-up



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Start on your hands and feet in a push-up stance and do a push-up.
- As you come back up, push your hips back and up, keeping your legs and arms straight.
- Push with the arm to pull your head away from your hands.
- Return to the starting position and repeat.

## 2. Dolphin Press-up



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Start from a downward facing dog position (legs straight and hips lifted in the air) on the elbows with fingers interlinked.
- Move your body forward to get into a plank position.
- Alternate between these two positions.

## 3. Spiderman Push-up



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Put your feet together and hands slightly outside the shoulders.
- Lower yourself all the way down so your chest almost makes contact with the ground at the same time that you bring one knee toward the hand.
- Keep the head in line with the spine and do not let the chin move forward.

## 4. Tricep Push-up



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Put your feet together and hands shoulder-width.
- Lower yourself all the way down by pushing the elbows backward so your forearms almost come flat on the ground and push back up.
- Make sure to brace your abdominals and move in one block so your pelvis is in line with the rest of your body at all times.
- Do not let the chin move forward. Keep the head in line with the spine.

## 5. Diamond Push-up



**Sets:** 2 **Reps:** 6 to 8 **Rest:** 60 seconds

- Put your feet together and hands together with your thumbs and index forming a diamond shape.
- Lower yourself all the way down so your chest almost makes contact with the ground, then push back up.
- Make sure to brace the abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all time.
- Do not let the chin move forward. Keep the head in line with the spine.



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## Congratulations on completing the 2020 Bodyweight Exercise Guide!

Your efforts should not stop here! This guide is meant to keep you moving for weeks and months to come – remember that you can increase the difficulty by increasing the reps, sets and hold time. Keep up the efforts you have already put in to get the long-term benefits of physical activity outlined at the beginning of this guide. If you are short on time or not able to make it to the gym, use this guide to squeeze in a quick 30-minute workout.

**Good luck in the continuation of your health and wellness journey!**

## Keep making your health a priority

Good health does not always come easy; you have to work for it. What you eat and how you choose to live each day contributes to how you will feel now, and for years to come. Our annual Preventive Health Assessments not only screen for potential risk factors for diseases, but they also include individualized counseling and personalized health management plans. These in turn help you to adopt a healthy lifestyle that fits your everyday reality. What better way to measure your efforts and stay motivated to reach your health goals than comparing your health results year after year?



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