

UNIVERSITY of REDLANDS

Dorm Room Workout



Presented by Tom Sponheim
-Wellness-



DISCLAIMER

.... All workouts are performed at your own risk. Understand that while we have provided safe exercises with proper instruction and demonstration, it is your responsibility to perform them safely.

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Dorm Room Workout

Michael C. Jarrous M.A., NSCA - CPT - Exercise Physiology - Tom Sponheim GMI - Wellness

Body weight - Dorm room workout -

Joint Integrity		Total body		Upper body		Core		
Day 1 (mon)			Day 2 (wed)			Day 3 (fri)		
Exercise	Weight	Sets/Reps	Exercise	Weight	Sets/Reps	Exercise	Weight	Sets/Reps
	BW = Body Weight			BW = Body Weight			BW = Body Weight	
Joint Integrity (hips)			Joint Integrity (balance)			Joint Integrity (balance/legs)		
Dirty dog	BW	1 x 15	Single Leg Balance Reach	BW	1 x 8/leg	Skater Plyo	BW	1 x 15
Horsback riding	BW	1 x 10	3 Point Balance Touch	BW	1 x 5/leg	Lunge Hop	BW	2 x 10
Bird dog and rotate	BW	1 x 2 x 10	High Knees	BW	1 x 30	Single Leg Touch	BW	1 x 2 x 10
Star Jump	BW	1 x 10	Pogo Hop	BW	1 x 20	Bulgarian Lunge (Chair)	BW	2 x 10
Jumping Jack	BW	2 x 20	Stationary Lunges	BW	1 x 2 x 15	Simulated Jump Rope	BW	2 x 30 sec
Wall squat	BW	2 x 20 sec	Burpee	BW	2 x 8	InchWorm	BW	1 x 10
Hamstring Compression (bed)	BW	2 x 15	Step Ups (Chair)	BW	2 x 15	Surfer	BW	2 x 10
Push up	BW	1 x 15	Incline Push Up (Bed)	BW	2 x 10	Iso Shoulder Hold (Towel)	BW	2 x 30 sec
Triceps dips (chair)	BW	2 x 12	Hands Together Push	BW	2 x 30 sec	Modified Dive Bomb Push Up	BW	1 x 10
Bicep Hold (towel)	BW	2 x 2 x 30	Reverse Plank	BW	2 x 30 sec	Side Plank	BW	2 x 2 x 30 sec
Forearms (Y.T.A)	BW	2 x 2 x 30	Isometric Chair Hold	BW	2 x 30 sec	Mountain Climbers	BW	2 x 15
Bridge	BW	1 x 30 sec	Scissors	BW	2 x 20	In and Outs	BW	2 x 20
Books on a Shelf	BW	2 x 20	Dead Bug	BW	1 x 15	Heals to Sky	BW	1 x max
Oblique V-ups (both sides)	BW	1 x 2 x 20	Superman/woman	BW	1 x 15	Hug Knees to Chest	BW	2 x 20
Skipper	BW	1 x 30 sec	Bicycles (forward & back)	BW	2 x 20	Banana to Boat	BW	1 x 15
GFC	(Grand Finale Challenge)		GFC	(Grand Finale Challenge)		GFC	(Grand Finale Challenge)	
Cardio Challenge			Cardio challenge			Cardio challenge		
Jumping Jacks	BW	1 x 50	Pogo Hops	BW	1 x 15	Lunge Hops	BW	1 x 8
Push Ups	BW	1 x 15	High Knees	BW	1 x 25	Surfers	BW	1 x 10
Star Jumps	BW	1 x 10	Burpees	BW	1 x 5	Simulated Jump Rope	BW	1 x 30 sec



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Exercise form and fundamentals

Why is proper form important?

Reduces the chance for injury

Helps you to obtain best results from workout

Assists in the utilization of multiple muscle group



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Exercise form and fundamentals

Dirty Dog

Step # 1

Begin facing down on the floor on all fours keeping your back straight.



Step # 2

Extend your right foot out and form a 90 degree angle with the flexing of your knee.



Step # 3

Hold this position for a few seconds and return to start position on all fours. Now duplicate this motion with your left side. Alternate until desired reps are achieved.



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Exercise form and fundamentals

Horseback Riding

Step # 1

Begin on all fours with your back straight and hand directly underneath your shoulders.



Step # 2

Mimic the Dirty Dog motion we did in the previous exercise with your right foot. From this position push back and extend leg behind you as far as possible.



Step # 3

Hold this position for a few seconds and then return to start position. Then perform the same progression with your left leg. Alternate until desired reps are achieved.



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Exercise form and fundamentals

Bird Dog and Rotate

Step # 1

Get down on all fours and place your right hand behind your head. Bring your right elbow and left knee underneath your body so that they touch.



Step # 2

Then, extend you left leg straight behind you as you rotate your torso as far as you can to the right.



Step # 3

Return to starting position. Complete the desired reps, then repeat on other side.



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Exercise form and fundamentals

Star Jump

Step # 1

Begin with your feet together, knees slightly bent and arms at your sides.



Step # 2

In a single jumping motion, spread your legs apart in mid-air, while lifting your arms high above your head.



Step # 3

Softly land in your starting position with feet and hands together. Bend your knees to cushion your landing and repeat.



Advanced

Start in a squat position with your hands positioned across your chest

Explode from the squat position into a star shape with hands and arms extended outward.

Land back into the squat position



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Exercise form and fundamentals

Jumping Jack

Step # 1

Begin with your feet together, arms at your side and stand upright



Step # 2

In a single jumping motion, spread your legs apart in mid-air, while clapping your hands high above your head.



Step # 3

Softly land in your starting position with feet together and hands at your side.



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Exercise form and fundamentals

Wall Squat

Step # 1

Begin with your back against a wall while maintaining a soft bend in your knees



Step # 2

Slowly walk your feet out while keeping your back completely pressed against the wall

Step # 3

When your feet are a good distance from your body slowly descend into a squat position where your legs make a 90 degree angle



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Exercise form and fundamentals

Hamstring Compression

Step # 1

Lie on your back with your heels placed atop your chair/mattress. Make sure to maintain a soft bend in your knees.



Step # 2

With a soft bend in your knees, drive your heels into the chair/mattress as hard as you can while simultaneously thrusting your hips to the sky.



Step # 3

Lower your hips and relax after performing the designated hold time and repeat.



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Exercise form and fundamentals

Push up progression

Step # 1

Begin with your arms fully extended from your chest and positioned just outside your armpits. Place hands on floor and align your shoulders, hip, knee and ankle joints.



Step # 2

Slowly descend so that your arm creates a 90 degree angle and that your chest is a fists distance from the surface.



Step # 3

Push yourself away from the bottom of the exercise until your arms are fully extended.



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Exercise form and fundamentals

Triceps dips (chair)

Step # 1

While sitting on a chair begin with placing your hands on the edge of your chair (grip chair with knuckles pointing towards your body) with arms slightly bent in elbows.



Step # 2

Slowly walk your feet away from your body until you are at a comfortable distance with your heels as the primary contact with the ground.



Step # 3

To perform the triceps dip, bend your elbows at a 90 degree angle. Once you reach 90 degrees push off the chair back into the start position. Repeat.



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Exercise form and fundamentals

Biceps Iso hold (towel)

Step # 1

Step onto one end of the towel with your right foot, grasping the other end of it in your right hand (palm in front of hip facing outward). Keep feet slightly apart, knees slightly bent.



Step # 2

Allow enough tension to feel resistance as you curl your right hand in towards your chest. Hold (with tension) at 90 degrees for 30 seconds.



Step # 3

Switch sides and repeat for one set.



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Exercise form and fundamentals

Lemon squeeze (Y,T,A)

Step # 1

Begin standing upright with your feet shoulder width apart and both arms extended above your shoulders and make the letter Y (palms forward).



Step # 2

With your arms in the Y position, palms forward and all fingers fully extended, imagine you have lemons in each palm and need to make lemonade by squeezing as hard and fast as you can.



Step # 3

Complete the designated reps at the Y position and then proceed with your arms straight out to your sides (T position) then finally with your arms down (A position).



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Exercise form and fundamentals

Bridges

Step # 1

Begin by lying completely flat on your stomach



Step # 2

One by one shift your forearms on the ground so that your elbows are directly under your shoulders.



Step # 3

Once properly positioned press off your forearms so that your arms create a 90 degree angle. Make sure that your spine is neutral and that your shoulder, hip, knee and ankle joints are all in one straight line.

Progress from knees



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Exercise form and fundamentals

Books on a shelf

Step # 1

While standing, position your feet just past shoulder width apart with knees slightly bent. Imagine there is a book rested on your left foot.



Step # 2

Keeping your knees bent, bend down and 'pick up' the book with both hands. Then imagine putting it on a shelf a few feet above your opposite shoulder.



Step # 3

To put the 'book' on the 'shelf' transfer your weight and carry the book over to your left side and reach with both arms fully extended over your opposite shoulder and put the book on the shelf. Repeat desired reps, then switch directions



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Exercise form and fundamentals

Oblique V-Ups

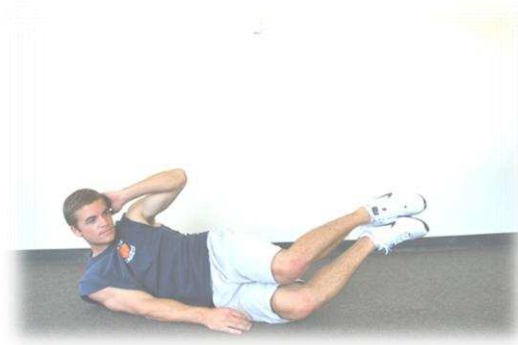
Step # 1

Lay on your left side with your legs stacked on top of each other with your knees slightly bent. Lay your left arm on the floor next to you. Place right hand on the back of your head.



Step # 2

Keep your legs and feet close together and lift them as far as you can off the floor while bringing your right elbow towards the right hip.



Step # 3

Hold this position for a second or two while flexing your abs. Bring your right arm and legs slowly back to their original position. Repeat desired reps.. Then perform on right side.



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Exercise form and fundamentals

Skipper

Step # 1

Begin by sitting on the ground with upright posture and feet on the ground with slightly bent knees.



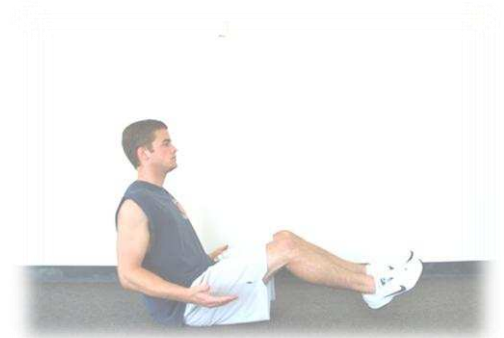
Step # 2

Position hands at your side with elbows bent & palms up.



Step # 3

When ready, slowly lift feet off the ground so that you're balancing on your butt only. Progress from single leg



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Exercise form and fundamentals

CARDIO CHALLENGE

Step # 1

Jumping Jacks

1 x 50

Step # 2

Push Ups

1 x 15

Step # 3

Star Jumps

1 x 10



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Exercise form and fundamentals

Single Leg Balance Reach

Step # 1

Stand with feet pointed straight ahead, placed hip-width apart. Lift your chest and keep head steady.



Step # 2

Draw-in your navel and contract your glutes. Balance on one leg and lift the other directly beside it. Extend and point the lifted leg and toe behind you at a 45-degree angle, keeping your hips facing forward.



Step # 3

Hold this position for a few seconds then return the lifted leg to the starting position and repeat



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Exercise form and fundamentals

3 Point Balance Touch

Step # 1

Start in a single-leg squat position on right foot.



Step # 2

Touch heel of left foot out in front of you as far as possible. Bring foot back, then extend heel out to side as far as possible. Bring foot back next to you, then extend toe as far behind you as possible.



Step # 3

Complete the desired reps for one foot. Then repeat for the other foot.



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Exercise form and fundamentals

High Knees

Step # 1

Stand with both feet together. Now pretend that you are about to take a huge step up.



Step # 2

Start running in place getting your knees as high as possible.
(Try it on your toes)



Step # 3

Increase your speed and get as high as possible throughout the set.



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Exercise form and fundamentals

Pogo Hop

Step # 1

Begin by standing with feet together and toes pointed up.



Step # 2

With toes flexed up, hop rapidly off balls of feet. (like you would on a pogo stick)



Step # 3

While jumping keep toes flexed upward and knees locked. Repeat desired reps.



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Exercise form and fundamentals

Stationary Lunges

Step # 1

Take a wide straddle stance with one foot in front of the other. Toes point forward with shoulders aligned directly over hips. Draw your belly button back towards your spine to tighten your core. Maintain this position throughout the exercise.



Step # 2

Slowly lower towards the floor while controlling the movement of your front knee. Do not let your knee move in front of your front foot.



Step # 3

Keep your bodyweight distributed in your front heel and push up to starting position without locking your knee at the top of the movement.



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Exercise form and fundamentals

Burpee

Step # 1

Stand upright with arms to sides. Bend over and squat down. Place hands on floor, slightly wider than shoulder width.



Step # 2

While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position.



Step # 3

Keeping upper body in place, pull legs forward under body returning feet and explode into a jump. Repeat desired reps.



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Exercise form and fundamentals

Step Ups

Step # 1

Position your chair with the seat facing you. Give yourself about a foot of room between yourself and the chair.



Step # 2

Place your right foot on the chair, transfer your weight to your heel and push into the heel to come onto the chair with both feet.



Step # 3

Slowly step back down and repeat desired reps on the right leg before moving to the leg.



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Exercise form and fundamentals

Incline Push Up

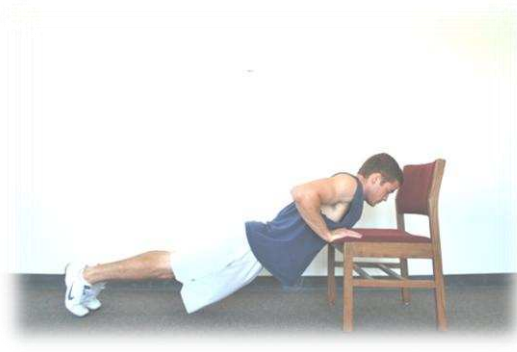
Step # 1

Assume the push up position, but with your hands on your bed/chair and feet on the floor. Hands should be shoulder width apart. Make sure body is in a straight line.



Step # 2

Lower your body by bending at the elbows. While keeping your back straight, ideally your chest should touch the bed.



Step # 3

Push yourself back up to the starting position by straightening your arms. Repeat desired reps.



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Exercise form and fundamentals

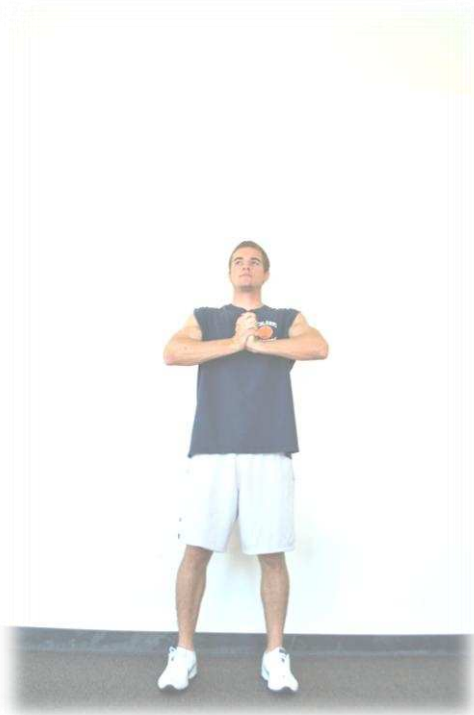
Hands Together Push

Step # 1

Sit near the front edge of your chair with your back straight and off the back-rest. Exercise can also be performed standing.

Step # 2

Place hands firmly together out in front of you at chest height.



Step # 3

Keeping your back straight and chin up, press hands together with full force. Continue until desired time has passed. Rest briefly and repeat.



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Exercise form and fundamentals

Reverse Plank

Step # 1

Sit with palms on ground, below shoulders. Squeezing butt and thighs.



Step # 2

Push up into a reverse plank on either elbows or straight arms. Keep body in straight line. Don't let hips raise or lower.



Step # 3

Hold for desired amount of time. Be sure not to hold breath.



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Exercise form and fundamentals

Isometric Chair Hold

Step # 1

Ideally stand with your backside resting against a wall. Grab the back-rest of your chair with your hands shoulder width apart.



Step # 2

Lift the chair with your hands until a 90 degree angle is achieved with your arms.



Step # 3

Hold this 90 degree position for desired amount of time, breathing steadily. When done, slowly return chair to floor.



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Exercise form and fundamentals

Scissors

Step # 1

Start by laying down flat on your back with your arms by your side and hands flat on the ground. Feet should be shoulder width apart.



Step # 2

Start by lifting your leg with your toes pointed towards you. Bring your leg as far off the ground as possible while keeping it locked and while keeping the other leg rested on the floor.



Step # 3

Hold this position for 3 seconds and then slowly bring your leg back down to the original start position. Repeat with left leg now. Alternate until desired reps are achieved.



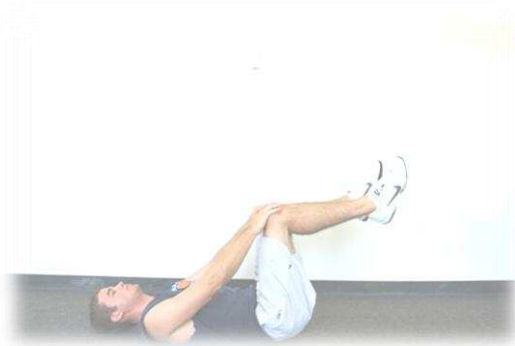
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Exercise form and fundamentals

Dead Bug

Step # 1

Lay on your back and bring your knees up and create a 90 degree angle with your legs/torso. Then place your hands on your knees.



Step # 2

From this position simultaneously straighten your right leg out and your left arm out behind your head. Both limbs should hover the floor for a few seconds.



Step # 3

After holding the stretch return to starting position with your hands on your knees. Then do the same motion with opposite limbs. Alternate until desired reps are achieved.



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Exercise form and fundamentals

Superman/Superwoman

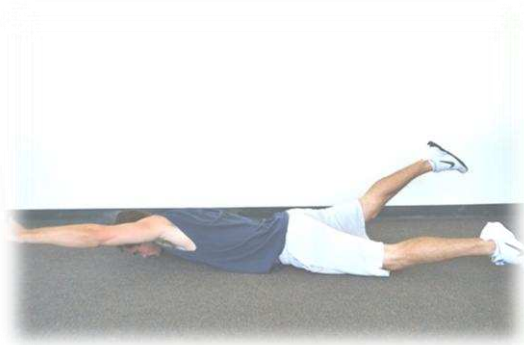
Step # 1

Lay on your stomach with your arms stretched out in front of your head and feet shoulder width apart.



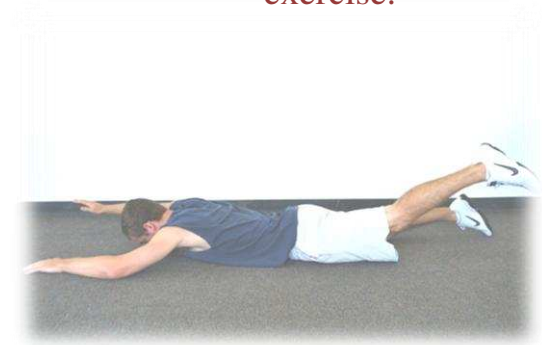
Step # 2

With your head down slowly lift your left arm and right leg off the floor as high as you can while keeping your torso in the same position.



Step # 3

Hold this position for a 3 seconds and slowly return to rest position. Then lift your left arm and your right leg. Alternate throughout the exercise.



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Exercise form and fundamentals

Bicycles (f + b)

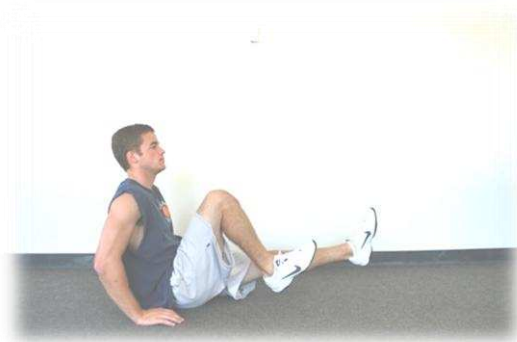
Step # 1

Start by sitting on the floor with your arms on your sides and your palms touching the ground. Keep your back straight and your chest out.



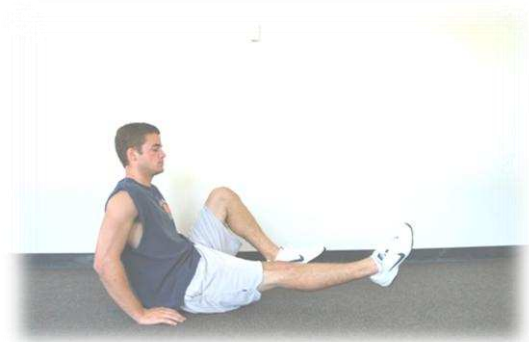
Step # 2

Slowly lift your legs off the ground and create a path in the air with your feet that mimics pedaling a bike forwards. You want to achieve big loops or circles with your feet.



Step # 3

1 pedal motion with your left foot and 1 pedal motion with your right foot total to 1 repetition. Complete the desired amount of reps, then perform the next set pedaling backwards.



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Exercise form and fundamentals

CARDIO CHALLENGE

Step # 1

Pogo Hops

1 x 15

Step # 2

High Knees

1 x 25

Step # 3

Burpees

1 x 5



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Exercise form and fundamentals

Skater Plyo

Step # 1

Stand on your right foot with your right knee slightly bent, and place your left foot just behind your right ankle. Bend your right knee and lower your body into a partial squat.



Step # 2

Then bound to the left by jumping off your right foot. Land on your left foot and bring your right foot behind your left as you reach toward the floor with your right hand.



Step # 3

Repeat the move back toward the right, landing on your right foot and left hand. Repeat for desired reps.



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Exercise form and fundamentals

Lunge Hop

Step # 1

Begin standing with your feet together. Bring your left leg out and perform a forward lunge



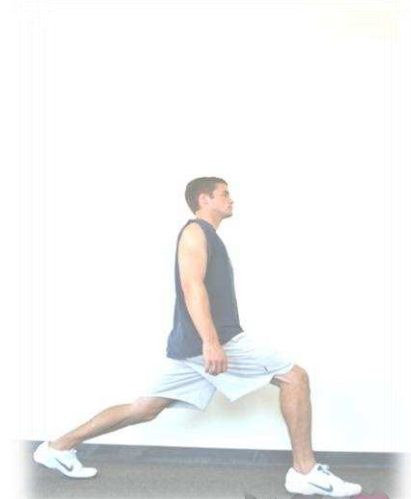
Step # 2

From this position. Explode up through your heels and jump up as high as possible. Land in that same lunge position. then return your left leg to its original resting position.



Step # 3

After landing, return your left leg back to its original position (standing). Alternate right and left leg lunges until desired reps are achieved.



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Exercise form and fundamentals

Single Leg Balance Touch

Step # 1

Standing on your left foot with your left knee slightly bend, bend at your hips and reach for the floor with your right hand while keeping your back straight.



Step # 2

Your right leg will go back behind you as you bend forward.



Step # 3

Return to the starting position and repeat for desired reps. Switch legs and repeat.



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Exercise form and fundamentals

Bulgarian Lunge

Step # 1

Begin by standing about 3 feet in front of a chair with your back towards it, and hands on your hips. Place your left foot on the chair, insuring your right leg is still straight in alignment with your upper body (if not, adjust your foot placement).



Step # 2

Slowly descend, just like in a regular lunge - remembering to keep your right knee behind your right foot (your target depth is where your right leg is in a 90 degree bend position).



Step # 3

Hold for 2 seconds, then extend your right leg and return to the beginning position. Complete desired number of reps for one leg. Then move to other leg.



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Exercise form and fundamentals

Simulated Jump Rope

Step # 1

Start by standing up with your feet together and weight on the balls of your feet.



Step # 2

Pretend you have a jump rope in your hands. Simulate the path with your hands and perform a 2 footed jump off your toes.



Step # 3

Continue this motion with no breaks until the desired amount of reps have been achieved or the time has passed.



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Exercise form and fundamentals

InchWorm

Step # 1

Start in a full push-up position. You can keep your feet shoulder-width apart for added stability.
(Perform a full push-up)

Step # 2

Engage your core and lift hips as you walk your feet towards your hands while keeping your knees and back straight.

Step # 3

Walk in as far as you can without bending your knees (if you are especially inflexible, widen your feet to modify the stretch intensity.)
Inch hands away from toes to return yourself to the start position.



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Exercise form and fundamentals

Surfer

Step # 1

Begin by laying down on your stomach with your palms on the ground by your sides in a push-up position.



Step # 2

From this position explode up onto your feet in one fluid motion. Land in a squat or 'SURFER' position.



Step # 3

Hold the 'SURFER' position for a few seconds, then quickly return back down to start position. Rotate 'SURFER' position (left foot forward/right foot forward) as you perform the reps.



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Exercise form and fundamentals

Isometric Shoulder Hold

Step # 1

Twist a large towel so that it is in a long straight line. Step onto one end of the towel with your right foot, grasping the other end of it in your right hand (palm facing down arm at right side). Keep feet slightly apart, knees slightly bent.



Step # 2

Allow enough tension to feel resistance as you raise your right arm up, approaching a parallel line with the floor. Hold at 45 degrees or parallel to the floor.



Step # 3

Hold for desired amount of time. Switch sides and repeat for one set.



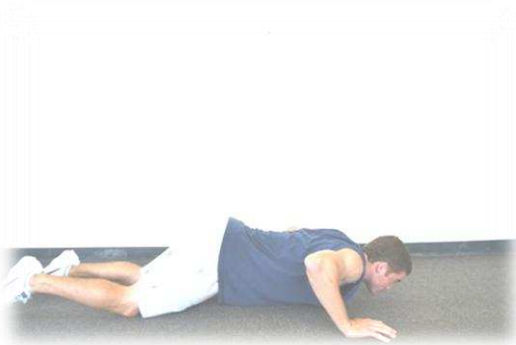
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Exercise form and fundamentals

Mod. Dive Bomb Push Up

Step # 1

Get into a modified pushup position.
Push your body back and lift your
hips.



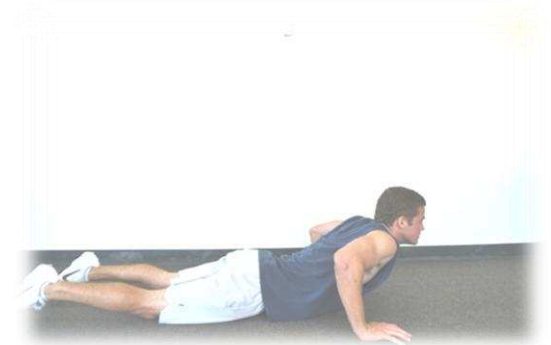
Step # 2

Drive your head down like your
scraping your nose against the
ground while sliding your torso and
hips on the ground as well.



Step # 3

Reverse this motion by pushing
your body back and lifting your
hips. Repeat for a specified
number of reps.



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Exercise form and fundamentals

Side Plank

Step # 1

Start by laying on your side with one arm on the floor and your feet spread on the floor. If you prefer, you can stack your legs.



Step # 2

Lift your hips up until your ankle, knee, hip and shoulder are in line.



Step # 3

Hold this position for the desired amount of time. Do not let your body sag in the middle, always stay perfectly straight.



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Exercise form and fundamentals

Mountain Climbers

Step # 1

Place yourself in the basic push-up position with your arms in line with your chest and your legs extended outward.



Step # 2

Rest on the balls of your feet while bringing your left leg forward to your chest and back to its original position. Keep the right leg tucked into your chest while the left leg is extended



Step # 3

Repeat the motion described and alternate one leg forward and one leg back. This movement mimics the "climbing of a mountain."



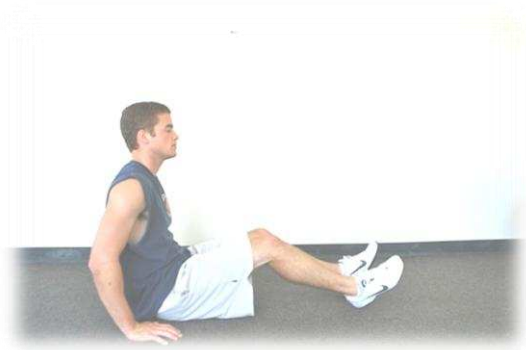
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Exercise form and fundamentals

Ins and Outs

Step # 1

Sit on the floor with your feet in front of you and your knees bent. Your hands should be at your sides to support you.



Step # 2

Bring your knees towards your chest and bring hands together. Then extend legs back out and separate hands, without ever touching the floor. This counts as 1 rep.



Step # 3

Complete the desired number of reps. Remember to keep your hands on the floor, your back straight, and your chest out.



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Exercise form and fundamentals

Heels to the Sky

Step # 1

Lay on your back with your hands by your side. Bring both legs up as if you were trying to walk on the ceiling. Forming a 90 degree angle with your legs and your torso.



Step # 2

Keeping your head and back on the floor, thrust your pelvis off the ground while simultaneously lifting your heels through that imaginary ceiling.



Step # 3

The movement should only be a few inches straight up and down. Your buttock can leave the floor but not your back. Use your hands for support if needed.



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Exercise form and fundamentals

Hug Knees to Chest

Step # 1

Begin by laying on your back with your legs straight and your hands by your side.



Step # 2

Pull both knees up to your chest and hold for 2 – 3 seconds. Then bring legs out in front of you and extend them approximately 6 -12 inches above the ground.



Step # 3

Repeat this motion without allowing your feet to touch the ground.



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Exercise form and fundamentals

Banana to Boat

Step # 1

Begin by laying on your back with your feet together approximately 6 inches off the ground and your arms raised about a foot off the ground behind your head. (BANANA)
Hold position for up to 10 seconds.



Step # 2

From this 'Banana' position, roll over onto your stomach while keeping both arms and legs hovered above the floor. (BOAT)
Hold position for up to 10 seconds.



Step # 3

After the allotted time, return back to BANANA position. Keep this routine going until desired reps are achieved.



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Exercise form and fundamentals

CARDIO CHALLENGE

Step # 1

Lunge Hops

1 x 8

Step # 2

Surfers

1 x 10

Step # 3

Simulated Jump
Rope

1 x 30 sec

