

# Healthy Distractions – Workouts While Away from Work

## Exercise Alphabet

Start with the letter A and see how far you can get. Or, spell a name, a motivating word, or a word related to your work. Looking for bigger challenge? Make it a phrase and get started!

<b>A</b> = 50 Jumping Jacks	<b>N</b> = 25 Burpees
<b>B</b> = 20 Crunches	<b>O</b> = 40 Jumping Jacks
<b>C</b> = 30 Squats	<b>P</b> = 15 Arm Circles
<b>D</b> = 15 Push-ups	<b>Q</b> = 30 Crunches
<b>E</b> = 1min Wall Sit	<b>R</b> = 15 Push-ups
<b>F</b> = 10 Burpees	<b>S</b> = 30 Burpees
<b>G</b> = 20 Arm Circles	<b>T</b> = 15 Squats
<b>H</b> = 20 Squats	<b>U</b> = 30 Arms Circles
<b>I</b> = 30 Jumping Jacks	<b>V</b> = 3min Wall Sit
<b>J</b> = 15 Crunches	<b>W</b> = 20 Burpees
<b>K</b> = 10 Push-ups	<b>X</b> = 60 Jumping Jacks
<b>L</b> = 2min Wall Sit	<b>Y</b> = 10 Crunches
<b>M</b> = 20 Burpees	<b>Z</b> = 20 Push-ups

## Descending Workout (with light weights or tubing)

- 100 jumping jacks
- 90 Squats
- 80 lunges
- 70 crunches
- 60 push ups
- 50 bicep curls
- 40 Shoulder press
- 30 burpees
- 20 football thrust
- 10 star jumps

### Circuit Option 1

- 100 jumping jacks
- 75 squats
- 50 lunges
- 25 burpees with push up

### Bonus Exercise Circuits

#### Circuit Option 2

- 25 squats 5 push ups
- 20 squats 10 pushups
- 14 squats 15 pushups
- 10 squats 20 pushups
- 5 squats 25 pushups

#### Circuit Option 3

- 7 burpees
- 7 squats
- 7 times

## Pyramid

↑  
1 push up 1 shoulder press  
2 push ups 2 shoulder press  
3 push ups 3 shoulder press  
4 push ups 4 shoulder press  
repeat 5, 6, 7, 8, 9, 10 reps

↓  
9 push ups, 9 shoulder press  
8 push ups, 8 shoulder press  
7 push ups, 7 shoulder press  
repeat 6, 5, 4, 3, 2, 1 reps

## Phil's Filthy 50 (each exercise 50 times)

- ❖ Jumping Jacks
- ❖ Push ups
- ❖ Reverse lunges 50 each leg
- ❖ Squat with elbow touching knee, as you stand add a shoulder press
- ❖ Burpees
- ❖ Squats with kettle toss (anterior raise)
- ❖ Star Jump (jump up with arms & legs reaching wide or think of a cheerleader jump)
- ❖ Mountain climbers
- ❖ Football thrust (from a plank position hop your feet forward wider than your hands and lift your arms shoulder height)



The exercises shared on this page were provided by Phil Hoffland, a 30+ year trainer in the fitness industry and graduate from the University of St. Thomas with a Master's in Education. After 10+ successful years as owner/operator of his runner-specific business in Minnesota, he traded shoveling his driveway for skimming his pool in Naples, Florida. His background led him to naturally transitioning into real estate. With a high level of service, integrity and in-depth market comprehension, Phil helps to navigate customers through the home buying and selling process - one of the most important decisions in their life. If you are an early riser you can find Phil running, swimming or biking around Naples training for his next race. You can reach Phil at (239) 273-5165 or [phoffland@johnrwood.com](mailto:phoffland@johnrwood.com).

Please note – the exercises provided are for general information purposes only. They are not intended to constitute health care or medical advice nor are they a substitute for the advice provided by your doctor or other health care professional. You should always speak to your doctor before you change, start or stop any part of your healthcare plan, including physical activity or exercise.



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