

# LAUNDRY WORKOUT

Have loads of laundry to do during your stay at home? Why not make it a workout?

The first thing you must do is make a mess! On a clean floor or blanket spread out your laundry as wide as you can. Remember to move quickly through each exercise and fold. This workout is ideal for those ridiculously large loads or multiple loads that you have been re-fluffing in the dryer for the past week.

Before you start, please see below for exercise tips.

**Lunge:** Keep your upper body straight, with your shoulders back and relaxed and chin up. Pick a point to stare at in front of you so you don't keep looking down. Always engage your core. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.

**Squat:** Stand with feet a little wider than hip width, toes facing forward.

Push your hips back, the further you push your glutes back, the more your knees will be over your ankles, not your toes. Sit into a squat position while still keeping your heels and toes on the ground, chest up and shoulders back.

**Sit-up:** From a lying position, come up to sitting with a straight back. The old school rounding of the back is not good for the spine. Push your chest towards the ceiling as you come up, this will keep your back from rounding.

**Marching:** When marching in place, bring your knees straight up, do not flare them out to the sides. Keep your toes pointed down, back straight, core tight.

Through any exercise, be mindful of your core being tight and back straight.

## LET'S BEGIN!

**1. Fast Squat Pick Up** – Choose one type of item to pick up, for example; socks. Squatting with good form pick up all socks as quickly as possible. Put them in a pile at your feet.

**2. Static Squat Hold** – Squat down in to a static position, hold the squat while folding all the socks you have just gathered.

**3. Lunge and Fold** - Standing back from your pile of laundry on the floor, lunge forward, pick up one article of clothing to fold, stay in lunge position while you fold the item. Step back into standing position then repeat, staying on the same leg. Do 12 reps then switch legs.

**4. Good Morning Bend** – Standing in front of your pile, hinge at the hips, bend with a soft knee (slightly bent), keeping your back flat. If you have trouble picking up an item of clothing, bend your knees a little more. You should feel a nice stretch in your hamstrings with each bend. You should not feel intense strain or pulling. When you come up into standing position, tighten glutes, and fold the item of clothing then repeat.

## \*REPEAT EXERCISES 1-4\*

**5. Squat Jump Fold** – do a perfect squat, pick up a piece of clothing, jump up, land in a squat hold, fold the clothing then repeat. Do 12 reps.

**6. Burpee Fold** – Starting in push-up position jump to standing, grabbing one thing to fold on your way up. Jump at the top on your burpee, then fold and repeat the move. Do 10 reps.

**7. High Knees/March in Place** – While marching in place, bring your knees straight up as high as you can. You will have to quickly pause to grab items to fold. Fold as many items as you can while marching for 30 seconds. (Smaller items are best for this exercise).

**8. Sit-Up To Fold** – Basic “Rocky Style” sit-up, have laundry at your feet so as you come up in sitting position you can grab something to fold then repeat for 12 reps.

## \*REPEAT EXERCISES 5-8\*

Don't forget to stretch, holding each position for at least 15 seconds.

Congrats! You have completed 16 exercises and hopefully all of your laundry. If not, get folding!