

HOME WORKOUT

Always make sure to check with your physician before starting an exercise program.

Warm Up

Each movement is done for 30 seconds. Go through all movements
3 times.

Jumping Jacks or Seated Jumping Jacks

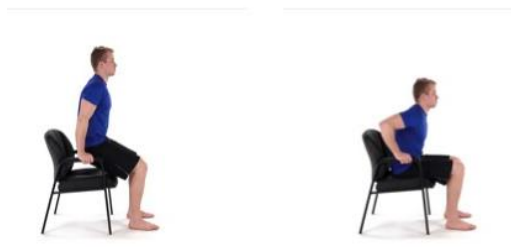
Starting with your hands at your sides and feet shoulder width apart, jump your feet out while lifting arms up overhead, then back to starting position in a continuous motion. If you need you can do this movement while seated, still moving your feet out and lifting arms overhead. If you are unable to move your arms or legs, just move what you can.



Squats or Chair Dips

If a chair is needed, make sure it is a steady chair that will not move. Start standing up straight, then push your hips back and bend your knees to 90 degrees or until you sit down to a chair.

When doing chair dips, make sure the chair used is in a steady and safe position. Use your arms to lift up, then slowly lower your body down until your arms are at 90 degrees or as far as you can before pushing back up.



If you have any questions about any of the workouts or exercises please contact
afast@brocku.ca or sradcliffe2@brocku.ca

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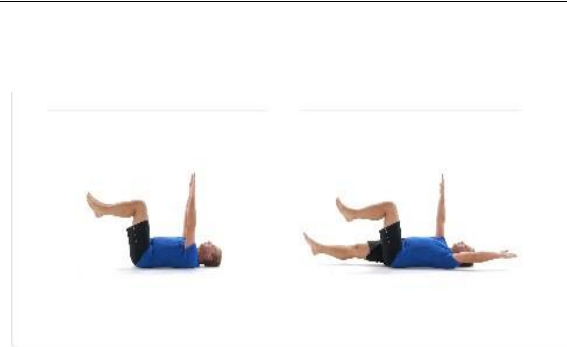
Arm Circles

Keep arms at shoulder height and move arms in a circle. You can do 15 seconds each way, forwards and backwards. This exercise can be done in a seated position as well.



Dead Bug or Seated Opposite Arm and Leg Lift

Lie on the ground and activate core. Bring right arm up while lifting left leg and then back down. Alternate sides and continue to do this action.



Sit nice and tall with your back away from the back of the chair. Slowly lift arm and opposite leg while keeping core tight and then bring back down. Alternate back and forth.



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