

# HOME WORKOUT

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

## Weekly Workout- April 13th

As many rounds as possible in 7 minutes of:

20 Jumping Jacks

10 Thrusters (Squat and Press)

10 Dead Bug

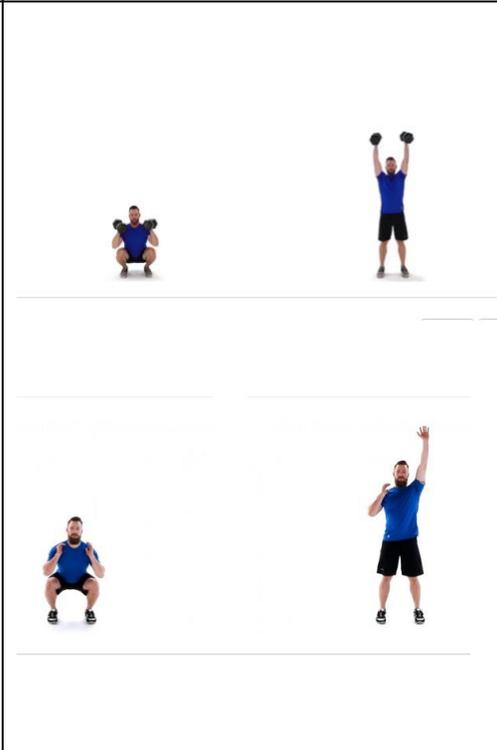
### Jumping Jacks

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 to do this movement without jumping for a lower impact activity, you can tap your feet out one at a time and lift your arms overhead. If you are unable to move your arms or legs, just move what you can.



### Thrusters (Squat and Press)

In a standing position with feet about shoulder width apart. Place the weight on your shoulders, palms facing inward in a neutral position. Push your hips back and bend your knees to 90 degrees. If you need to sit down to a chair you can. Try to keep your chest up by looking forward. As you stand back up press your arms overhead before returning to starting position. This exercise can be done with weights, any household object you have or using no weight. Another exercise option is to press one arm at a time overhead instead of both.



If you have any questions about any of the workouts or exercises please contact [afast@brocku.ca](mailto:afast@brocku.ca) or [sradcliffe2@brocku.ca](mailto:sradcliffe2@brocku.ca)

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## Dead Bug

Start by lying on your back with your arms pointing straight up, shoulders lifted slightly off the floor and your hips and knees bent at 90 degrees. Lower one leg straight down slowly while lowering the opposite arm behind your head. As you do this, remember to breathe and keep your core tight.

Modifications include lowering your arms and legs one at a time, keeping one foot on the ground as you move your arm and other leg or using the wall for support.



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## Weekly Workout-Seated Variation

As many rounds as possible in 7 minutes of:

20 Seated Jumping Jacks or 1 min Air punches

10 Seated Press

10 Russian Twists

### Seated Jumping Jacks

Sit tall in your chair 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 are unable to move your arms or legs, just move what you can.



### Air Punches

Starting with your elbows at your side and hands close to your chest, extend one arm out quickly and back, then the other arm. If you have a pillow or couch cushion you want to use as a "punching bag" you can, or you can stick to air punches and pretend you are hitting a boxing bag.



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## Seated Press

When seated, sit up tall and engage your core before pressing overhead. If this motion is painful or you are unable to get full range of motion overhead, refrain from doing this movement and choose an alternate exercise.



## Russian Twists

Sit tall in your chair. With your hands together, twist your torso from side to side. For added resistance, hold onto a weight or any household object you may have.



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