

# HOME WORKOUT

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

## Weekly Workout- April 20th

### Complete:

40 Mountain Climbers

21 Burpees

15 Kettlebell Swings

30 Mountain Climbers

15 Burpees

12 Kettlebell Swings

20 Mountain Climbers

9 Burpees

9 Kettlebell Swings

### Mountain Climbers

Start up on your hands or forearms shoulder width apart with your feet back so your body is in a straight line. Keep your core tight by bringing your bellybutton inward and slowly bend one knee and lift your thigh towards your elbow while keeping your back flat. Slowly lower your leg and repeat with the other one. Hold the position without arching your back. If you need to modify by placing your hands on a chair, counter or wall you can.



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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## Burpees

Start in a standing position with feet about shoulder width apart, lower yourself down until your chest is on the ground by jumping or stepping your feet backwards. After you are on the ground, stand back up and extend your arms overhead. To modify, instead of lowering your body all the way to the ground, use a table, chair or couch to lower your chest to.



<https://www.startstanding.org/>



Musqle.com

## Kettlebell Swings

Start by standing tall with feet shoulder width apart and arms straight down in front. If you have a weight you can hold onto it but if not, bodyweight or any household object will be fine. Push your hips back, keeping your chest up and back flat while slightly bending your knees and letting your arms move backward between your legs. Extend your hips while bringing your arms up to eye level, then go back down, similar to a pendulum motion. Focus on keeping your core tight, head looking forward and squeezing your buttocks when you extend at the top.



Theboxmag.com

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## Weekly Workout-Seated Variation

### Complete:

- 40 Seated Battle Ropes
- 21 Seated Burpees
- 15 Seated Leg Tucks
- 30 Seated Battle Ropes
- 15 Seated Burpees
- 12 Seated Leg Tucks
- 20 Seated Battle Ropes
- 9 Seated Burpees
- 9 Seated Leg Tucks

### Seated Battle Ropes

Sit tall in your chair keeping your core tight. Holding onto ropes if you have them, the corner of a blanket or towel in each hand, move your arms up and down one at a time in a continuous motion- almost as if you were trying to create waves. Each time your arm moves up and down is considered 1 repetition.



[https://www.youtube.com/watch?v=B\\_R8geAhRKK](https://www.youtube.com/watch?v=B_R8geAhRKK)

### Seated Burpees

Starting in a seated position with your feet flat, lean forward and reach down with both arms to try and touch the floor or as far as you can, then back up to a sitting position extending your arms overhead or as far as you are comfortable. Continue to reach for the ground and back up as fast as you can in a continuous motion. The goal of this movement is to elevate your heart rate.



<https://www.youtube.com/watch?v=0afxBp9D1cY>

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## Seated Leg Tuck

Start by sitting in your chair with your hands at your sides for stability and your legs extended and raised slightly off the floor. Engage your core and pull both knees in towards your chest or as far as you are able, then back out to extension. If you need a modification, you can bring one leg up at a time or place your feet on the ground when in extension.



bodybuilding.com



Beautyhealthtips.in

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