

# HOME WORKOUT

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

## Weekly Workout- April 27th

4 sets of:

10/side Single Leg Deadlifts

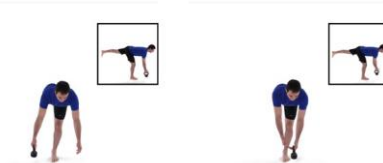
15 Hand Release Push-ups

20 Dead Bugs

### Single Leg Deadlift

Start standing with feet shoulder width apart. Hinge at the hips keeping your spine neutral and shoulders back while lifting one leg slowly backwards. Imagine a string is attached to your back heel that is pulling your leg straight up. Keep a slight bend in your stable leg and bend down until you feel tension in your hamstring, you lose proper body position or are comfortable going. Slowly come back up to starting position. This exercise can be done using body weight, free weights or any household object you have around. If you are holding onto something, hold the weight in the opposite arm to help with balance. If you need to hold on to something for stability you can. Do all repetitions on one leg before the other.

For a modification you can substitute with a glute bridge. Start on your back with your knees bent, feet hip width apart, and arms at your side. Lift your hips off the ground while squeezing your buttocks until your torso is in a straight line with your legs, or as high as you are able. You can hold this position for a specific time or lift your hips up and down for repetitions.



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)

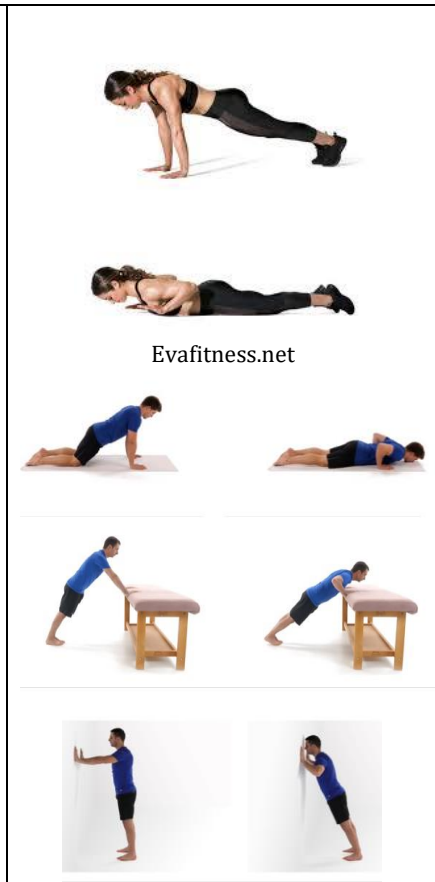
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## Hand Release Push-ups

Start in a plank position with your hands just outside your shoulders. Slowly lower your body down to the ground keeping your elbows in and close to your side. Lift your hands off the ground slightly before pushing back up. Keep your core tight and back flat.

To modify you can put your knees down. If you use a bench, table, or couch for more support do not attempt hand release, just do a regular push up. If you need to modify to the wall, stick to a regular push up as well. Stand one arm's length away from the wall. Place your hands on the wall in line with your shoulders. As you lean towards the wall, keep your body in a straight line and core tight.

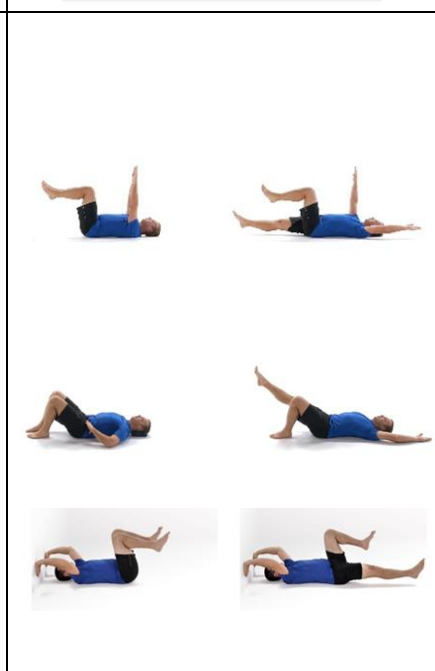


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## Dead Bug

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 your 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

4 sets of:  
10 Seated Deadlifts  
15 Seated row  
20 Pallof press

### Seated Deadlift

Sit up tall in your chair. Shoulders back, chest up, keeping your back flat, lean forward until you feel comfortable or until you are unable to keep your back flat. Once you hit this position, sit back up to the starting position. If you want to add weight you can hold it with your arms straight down at your side.



### Seated Row

In a chair, sit up tall or lean over slightly with arms extended, pulling elbows straight back, squeezing the shoulder blades together. Keep your elbows in close to your body.



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## Pallof Press

This exercise can be done in a standing or sitting position. Starting with your hands at your chest, keeping your core tight, move your arms straight out to extension and back to your chest. Continue to do this motion, adding resistance by holding onto a weight or any object you may have.



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