

# HOME WORKOUT

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

## Weekly Workout- April 6th

**10-9-8-7-6-5-4-3-2-1 repetitions of:**

**High Knees**

**Push Ups**

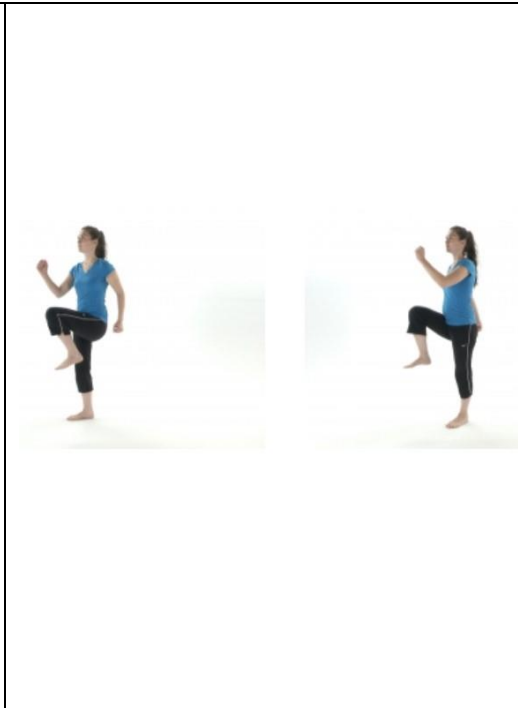
**Side Steps**

**Start with 10 repetitions of each exercise and work your way down to 1. For example, 10,10, 10...9,9,9...8,8,8 and so on. When doing the side step, the number of reps is the number of steps you take each way, 10 steps to the right and 10 to the left, then 9 and 9 and so on.**

### High Knees

Starting shoulder width apart, lift your knee as high as you can, then quickly switch legs. Try to lift your knee before the other one reaches the ground, as if you were doing fast feet. You can use your arms, lifting with the opposite leg. The goal of this exercise is to elevate your heart rate, but make sure you go at a speed comfortable for you. The number of repetitions is the total number for each leg (ex. 10/leg).

To modify march on the spot lifting your arm and opposite knee as high as you can. Continue to do this movement while alternating legs.



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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## Push Ups

Start in a plank position with your hands just outside your shoulders and feet behind you. Slowly lower your body down, keeping your elbows in close to your side until your chest hits the floor. Push back up to starting position keeping your core tight and back flat.

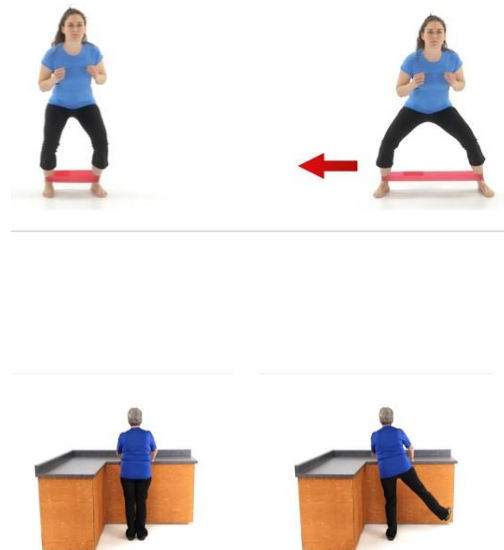
Some modifications include putting your knees down or using a table or couch for more support. Even with modification, the motion and body position remain the same, keeping your core tight and torso in a straight line.



## Side Steps

Stand shoulder width apart with knees slightly bent in a squat position. Step to the side keeping your feet apart as you do so. For added resistance, add ankle weights or a band. If you use a band, place it just below your knees and do not bring your feet all the way together; the goal is to keep tension in the band throughout the entire exercise. Do all repetitions in one direction before going the other way.

If you need to modify, you can substitute with standing hip abduction. Add a band or ankle weight for added resistance.



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## Weekly Workout-Seated Variation

**10-9-8-7-6-5-4-3-2-1 repetitions of:**  
**Seated Hip Flexion or Kettlebell Swings**  
**Chest press**  
**Russian Twists**

**Start with 10 repetitions of each exercise and work your way down to 1. For example, 10,10, 10...9,9,9...8,8,8 and so on.**

### Seated Hip Flexion

Sit up tall in your chair, feet shoulder width apart. Lift your leg up while keeping your knee bent. For added resistance, add a band or ankle weight. The number of repetitions is the total number for both legs (ex.10 reps=5 per leg)

If you are unable to do hip flexion, you can substitute this exercise with kettlebell swings.



### Seated Kettlebell Swing

Sit up tall with weight in your lap or in your hands with arms down in front of you. Extend your arms out, bringing them up overhead and back down. If you are unable to go overhead, lift to eye level or as high as you can. Try keeping your chest up, engage your core and look forward throughout the movement.



<https://www.youtube.com/watch?v=FP8wdHlqncw>

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## Chest Press

Starting with your hands at chest level on each side, press your arms out to full extension, then back to your chest. Bands, weight, or household objects can be used for added resistance.



## 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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