

# HOME WORKOUT

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

## Weekly Workout- August 10th

Complete 5 rounds of:

**20 Lunges**

**10 Overhead Press**

**1:00 Plank**

### Lunges

Stand with your feet shoulder width apart. Take a step forward bending your hip and knee to 90 degrees. Drop your back leg straight down, touching your knee to the ground or as close as possible. Engage your core and keep your torso in an upright position. Push through the middle and heel of your foot when standing back up to starting position. To put less pressure on your knee, from starting position step backwards instead, dropping straight down. To add difficulty, try holding onto a weight in each hand as you lunge.



### Overhead Press

Start by standing tall, legs shoulder width apart and with weights on your shoulders, palms facing each other in a neutral position. Press the dumbbells straight up overhead keeping your arms in line with your ears and engaging your core. Focus on getting the full range of motion overhead.



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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## Plank

Start up on your hands or forearms shoulder width apart with your feet back so your body is in a straight line. Keep your back flat and try to prevent your hips from dropping down. Tighten your core and imagine bringing your bellybutton to your spine and hold this position.

To modify, you can drop your knees to the ground, lean against a wall, table or chair while still maintaining a straight line for body position. Make sure if you lean against something it is in a secure position and will not move.



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## Weekly Workout-Seated Variation

**Complete 5 rounds of:  
20 Seated Leg Extension  
10 Seated Press  
1:00 Pallof Press Hold**

### Seated Leg Extension

Start by sitting in a chair with feet flat on the floor. Lift your legs one at a time up to full extension. You can alternate legs or do all repetitions on one leg before moving to the other. Add an ankle weight or attach a band for added resistance.



### 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 try a lateral raise instead. If you do a lateral raise, make sure you stop at shoulder height.



### Pallof Press Hold

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 hold this position. Remember to breathe. You can add resistance by holding onto a weight or any object you may have.



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