

HOME WORKOUT

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

Weekly Workout- August 3rd

Complete:
50 Jumping Jacks
40 Step Ups
30 Ball Slams
20 Leg Tucks
10 Push Ups

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.



Step Ups

Find a step or something in your home to use for step ups. If you need something to help with balance, make sure it is sturdy and safe. Step up one foot at a time, standing all the way up and extending the hips at the top before stepping down. If you feel comfortable, try and step up and down faster to get more of an aerobic workout.



If you have any questions about any of the workouts or exercises please contact afast@brocku.ca or sradcliffe2@brocku.ca

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Ball Slams

Start in a standing position with feet about shoulder width apart while holding onto a pillow or any household object you may have that can be dropped to the ground. You can also do this exercise with no weights. As you squat, throw or touch the object to the ground, or as close to the ground as you feel comfortable. Try and keep your chest up and back flat as you squat down by looking forward. Once the pillow has touched the ground or is as close as you can, pick it up lifting your arms up overhead as you extend back up to standing position. As you lift the pillow up overhead, try and keep the weight or object close to your body as you do so.



Leg Tucks

Sit on the ground with your arms at your sides and your legs extended straight out with your feet raised slightly off the ground. Bring your knees in towards your chest and back out to extension while engaging your core. You can place your hands down at your sides for support or to make things a bit more challenging, try and lift your hands off the ground slightly and try to maintain balance while you bring your legs in.



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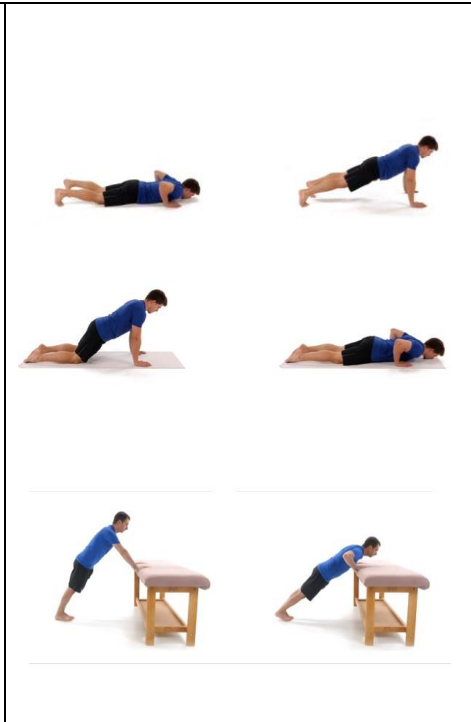
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Push Ups

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.



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Weekly Workout-Seated Variation

Complete:

50 Seated Jumping Jacks

40 Seated Hip Flexion

30 Seated Ground to Overhead

20 Seated Leg Tucks

10 Seated Chest Press

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.



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.40 reps=20 per leg)



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Seated Ground to Overhead

Start by sitting tall in your chair holding on to a weight, pillow or any household object you might have. You can also do this exercise using just bodyweight. Lean forward slightly with your arms in front and touch the weight or object to the ground or as close as you can while keeping your back flat. Once you touch the ground, lift your arms overhead or as high as you are able while sitting back up nice and tall to starting position.



<https://www.youtube.com/watch?v=2X3JwQsDhjo>

Seated Leg Tucks

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.



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Seated Chest Press

Start sitting tall in your chair with your feet shoulder width apart and hands at chest level on each side, press your arms out to full extension. Bands, weight, or household objects can be used for added resistance.



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