

HOME WORKOUT

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

Weekly Workout- August 31st

5 stations x 4 rounds of :45 sec on :15 sec rest

Station 1: Jumping Jacks

Station 2: Battle Ropes

Station 3: Squats

Station 4: Plank

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.



Battle Ropes

This can be done standing or sitting in a chair. If you are standing, hinge at the hips slightly with your knees slightly bent and back flat. 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. As you move try and keep your core engaged and tight. Try to keep a continuous motion for the full :45 seconds.



Zoovaa.com

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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Squats

Start in a standing position with feet about shoulder width apart. Push your hips back and bend your knees to 90 degrees. If you need to sit down to a chair you can. Try to keep your chest up by looking forward. Focus on keeping your knees out core tight.



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

5 stations x 4 rounds of :45 sec on :15 sec rest

Station 1: Seated Jumping Jacks

Station 2: Seated Battle Ropes

Station 3: Air Punches

Station 4: Russian Twists

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 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. Try to keep a continuous motion for the full :45 seconds.



https://www.youtube.com/watch?v=B_R8geAhRk

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Air Punches

Starting with your elbows at your side and hands close to your chest, extend one arm out quickly and back, then the other arm. If you have a pillow or couch cushion you want to use as a “punching bag” you can, or you can stick to air punches and pretend you are hitting a boxing bag.



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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