

HOME WORKOUT

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

Weekly Workout- July 13th

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

Station 1: Plank

Station 2: Dead Bug

Station 3: Glute Bridge

Station 4: Flutter Kicks

Station 5: Rest Minute

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.



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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<p>Dead Bug</p> <p>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.</p> <p>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.</p>	 The Dead Bug exercise is illustrated with six photographs. The top row shows the starting position with both arms and legs raised at 90-degree angles. The middle row shows the movement of lowering one arm and the opposite leg towards the floor. The bottom row shows modifications: one leg bent and one arm lowered, and both legs bent and one arm lowered.
<p>Glute Bridge</p> <p>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. Lift your hips up and down for repetitions for the work period.</p> <p>For a more advanced exercise, elevate one leg straight and hold as you lift your hips up.</p>	 The Glute Bridge exercise is illustrated with four photographs. The top row shows the standard bridge with both feet flat on the floor. The bottom row shows the advanced version with one leg extended straight out behind the body.
<p>Flutter Kicks</p> <p>Start on your back with your legs straight out and arms at your side. Lift your feet and shoulders slightly off the ground to engage your core. Slowly alternate moving each leg up and down, in a kicking motion as if you were swimming.</p> <p>You can modify by keeping your shoulders down or putting your feet on the ground during the movement. Even in this position it is important to engage your core.</p>	 The Flutter Kicks exercise is illustrated with four photographs. The top row shows the standard form with feet and shoulders lifted off the ground. The bottom row shows two modifications: one with feet on the ground and shoulders down, and another with feet on the ground and shoulders up.

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Weekly Workout-Seated Variation

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

Station 1: Pallof Press

Station 2: Core Activation

Station 3: Seated Deadlift

Station 4: Seated Flutter Kicks

Station 5: Rest Minute

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.



Verywell.com

Core Activation

Sitting in your chair, activate your core by imagining pulling your bellybutton into your spine. Simultaneously, lift your arm and opposite leg slowly. Alternate back and forth with your arms and legs.



To modify, lift your arms and legs one at a time.

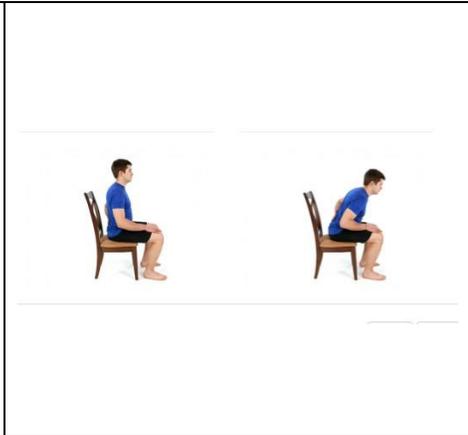
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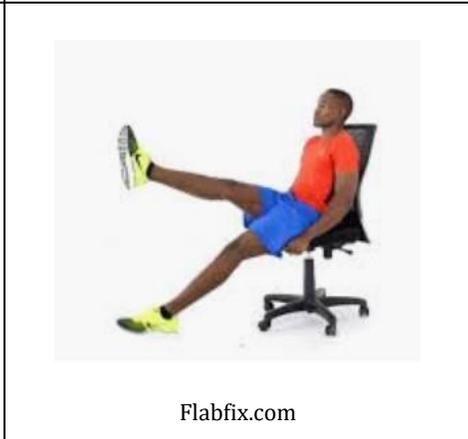
Seated Deadlift

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 Flutter Kicks

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 move your feet up and down. If you need a modification, place your feet on the ground when in extension.



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