

# HOME WORKOUT

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

## Weekly Workout- July 20th

Complete 5 rounds of:  
**10 Kettlebell Swings**  
**10 Burpees**

### Kettlebell Swings

Start by standing tall with feet shoulder width apart and arms straight down in front. If you have a weight you can hold onto it but if not, bodyweight or any household object will be fine. Push your hips back, keeping your chest up and back flat while slightly bending your knees and letting your arms move backward between your legs. Extend your hips while bringing your arms up to eye level, then go back down, similar to a pendulum motion. Focus on keeping your core tight, head looking forward and squeezing your buttocks when you extend at the top.



Theboxmag.com

### Burpees

Start in a standing position with feet about shoulder width apart, lower yourself down until your chest is on the ground by jumping or stepping your feet backwards. After you are on the ground, stand back up and extend your arms overhead. To modify, instead of lowering your body all the way to the ground, use a table, chair or couch to lower your chest to.



<https://www.startstanding.org/>



Musqle.com

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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## Weekly Workout-Seated Variation

**Complete 5 rounds of:  
10 Seated Kettlebell Swings  
10 Seated Burpees**

### Seated Kettlebell Swings

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>

### Seated Burpees

Starting in a seated position with your feet flat, lean forward and reach down with both arms to try and touch the floor or as far as you can, then back up to a sitting position extending your arms overhead or as far as you are comfortable. Continue to reach for the ground and back up as fast as you can in a continuous motion. The goal of this movement is to elevate your heart rate.



<https://www.youtube.com/watch?v=0afxBp9D1cY>

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