

# HOME WORKOUT

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

## Weekly Workout- July 27th

As many rounds as possible in 10 minutes of:

**20 Lateral Hops**

**15 Goblet Squats**

**10 Push Press**

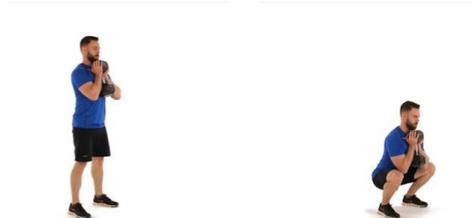
### Lateral Hops

Find a spot or line on the ground that you can use to hop over. If you do not feel comfortable or are unable to jump, simply step side to side. If you need extra support grab a chair or something that you feel comfortable holding onto, but make sure it is steady and does not move.



### Goblet Squats

Start in a standing position with feet about shoulder width apart and holding a weight at your chest. If you don't have a weight, you can hold onto any household item you may have. 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.



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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## Push Press

Start by standing tall, legs shoulder width apart and with weights on your shoulders, palms facing each other in a neutral position. Bend your knees and use your legs to help 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.



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## Weekly Workout-Seated Variation

As many rounds as possible in 10 minutes of:

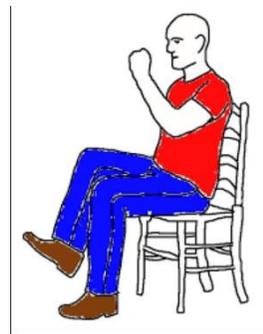
**20 Seated Toe Taps**

**15 Seated Deadlift**

**10 Seated Press**

### Seated Toe Taps

Sit up tall in your chair. If you have a step or object that you can use to tap your foot onto, place that in front of your chair. If you don't have anything to tap, you can just pick a spot on the floor. Lift your leg up, tapping your toe on the object in front of you. Alternate legs doing this movement as quickly as you can and feel comfortable.



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### Seated Deadlift

Sit up nice and tall in your chair. Shoulders back, keeping your back flat, lean forward until your chest gets close to your lap or the point that you are unable to keep your back in a nice flat position. Once you hit this position, sit back up slowly. Keep your core engaged throughout the movement. If you want to add weight, hold it in your hands with your arms straight down at your sides.



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## 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 choose an alternate exercise.



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