

HOME WORKOUT

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

Weekly Workout- July 6th

Complete 3 rounds of:

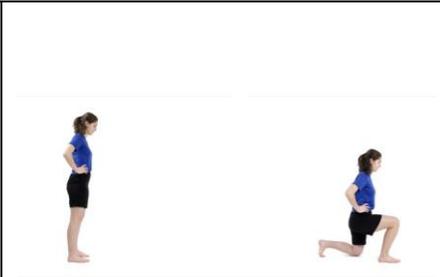
16 Lunges

16 Hand Release Push-Ups

16 Russian Twists

Lunges

Stand with your feet shoulder width apart. Take a step forward bending your hip and knee to 90 degrees. Drop your back leg straight down, touching your knee to the ground or as close as possible. Engage your core and keep your torso in an upright position. Push through the middle and heel of your foot when standing back up to starting position. To put less pressure on your knee, from starting position step backwards instead, dropping straight down.



Hand Release Push-ups

Start in a plank position with your hands just outside your shoulders. Slowly lower your body down to the ground keeping your elbows in and close to your side. Lift your hands off the ground slightly before pushing back up. Keep your core tight and back flat.

To modify you can put your knees down. If you use a bench, table, or couch for more support do not attempt hand release, just do a regular push up. If you need to modify to the wall, stick to a regular push up as well. Stand one arm's length away from the wall. Place your hands on the wall in line with your shoulders. As you lean towards the wall, keep your body in a straight line and core tight.



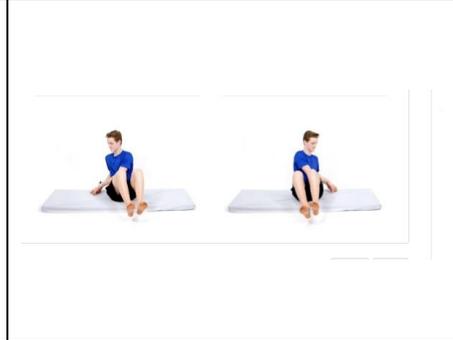
If you have any questions about any of the workouts or exercises please contact afast@brocku.ca or sradcliffe2@brocku.ca

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Russian Twists

Sit in a “v” position, with your feet raised slightly off the ground and hands in front. 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. To modify, place your feet on the ground for more support.



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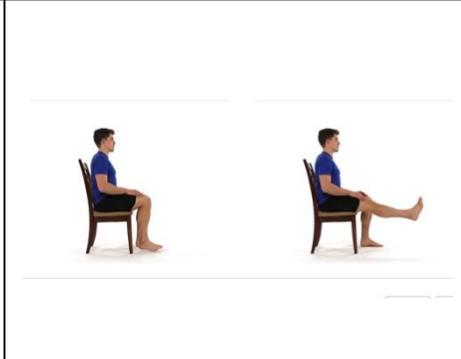
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Weekly Workout-Seated Variation

Complete 3 rounds of:
16 Seated Leg Extension
16 Chair Dips
16 Russian Twists

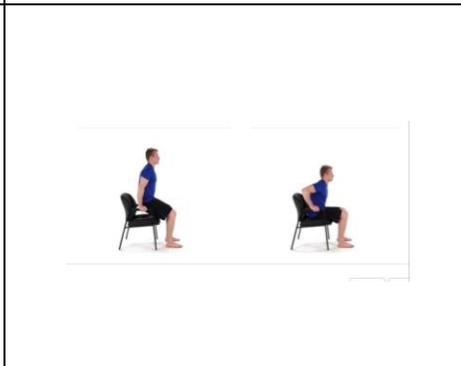
Seated Leg Extension

Start by sitting in a chair with feet flat on the floor. Lift your legs one at a time up to full extension. You can alternate legs or do all repetitions on one leg before moving to the other. Add an ankle weight or attach a band for added resistance.



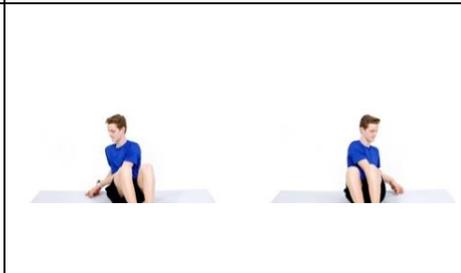
Chair Dips

Start sitting tall in your chair. Place your hands on the side of your chair, extend your arms pressing your body up and then come back down. Keep your core tight and try to limit using your legs to help push up. The goal is for your upper body to do most of the work.



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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