

HOME WORKOUT

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

Weekly Workout- June 15th

As many rounds as possible in 4 minutes of:

20 Jumping Jacks

10 Step Ups

10 Sumo Deadlift High Pull

X3

Rest 1:30 between rounds (each 4-minute period)

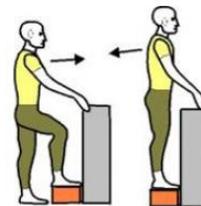
Jumping Jacks

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. For a low impact modification, step each foot out to the side one at a time instead of jumping, while lifting your arms up overhead. If you need you can do this movement while seated, still moving your feet out and lifting arms overhead. If you are unable to move your arms or legs, just move what you can.



Step Ups

Find a step or something in your home to use for step ups. If you need something to help with balance, make sure it is sturdy and safe. Step up one foot at a time, standing all the way up and extending the hips at the top before stepping down.



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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Sumo Deadlift High Pull

Start with a wide stance, holding the weight down in front with your arms straight. If you don't have a weight you can use bodyweight, a pillow or any household object you may have. Squat down until the weight hits the ground or until you are able, keeping your chest up and looking forward. As you stand up and extend the hips, pull your hands up to shoulder height in the same motion as if you were doing up a jacket zipper, keeping your elbows out to the sides and your shoulders relaxed before going back to starting position.



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Weekly Workout-Seated Variation

As many rounds as possible in 4 minutes of:

20 Seated Jumping Jacks

10 Lateral Raises

10 Pallof Press

X3

Rest 1:30 between rounds (each 4-minute period)

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.



Lateral Raises

Start sitting tall in your chair with your arms starting at your sides and lifting to shoulder height. You can hold onto weights, bands or any household object you have for added resistance.



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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.



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