

HOME WORKOUT

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

Weekly Workout- June 1st

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

Station 1: Quick Feet

Station 2: Lunges

Station 3: Push Ups

Station 4: Grasshoppers

Station 5: Rest Minute

Quick Feet

Start standing shoulder width apart with arms down at your sides. On the spot, run as quickly as you can. Try and find a good pace that you can maintain for the full :45 seconds. If you want to use your arms you can.

For a lower impact exercise modification, you can march on the spot. Lift your arm and opposite knee as high as you can. Continue to do this movement while alternating legs.



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.



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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Push Ups

Start in a plank position with your hands just outside your shoulders. Slowly lower your body down keeping your elbows in and close to your side. Push back up keeping your core tight and back flat.

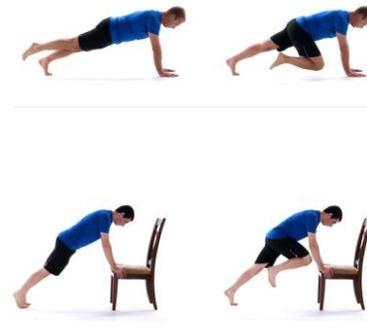
Some modifications include putting your knees down, or using a bench, table, or couch for more support.

If you need to modify to the wall, stand one arm's length away from the wall. Place your hands on the wall in line with shoulders. As you lean towards the wall, keep your body in a straight line and core tight.



Grasshoppers

Start up on your hands or forearms shoulder width apart with your feet back so your body is in a straight line. Keep your core tight by bringing your bellybutton inward and slowly bend one knee and lift your thigh towards your opposite elbow while keeping your back flat. Slowly lower your leg and repeat with the other one. Hold the position without arching your back. If you need to modify by placing your hands on a chair, counter or wall you can.



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Weekly Workout-Seated Variation

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

Station 1: Seated Toe Taps or Air Punches

Station 2: Seated Hip Flexion

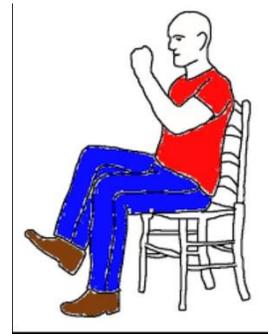
Station 3: Chest Press

Station 4: Russian Twists

Station 5: Rest Minute

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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Air Punches

Starting with your elbows at your side and hands close to your chest, extend one arm out quickly and back, then the other arm. If you have a pillow or couch cushion you want to use as a "punching bag" you can, or you can stick to air punches and pretend you are hitting a boxing bag.



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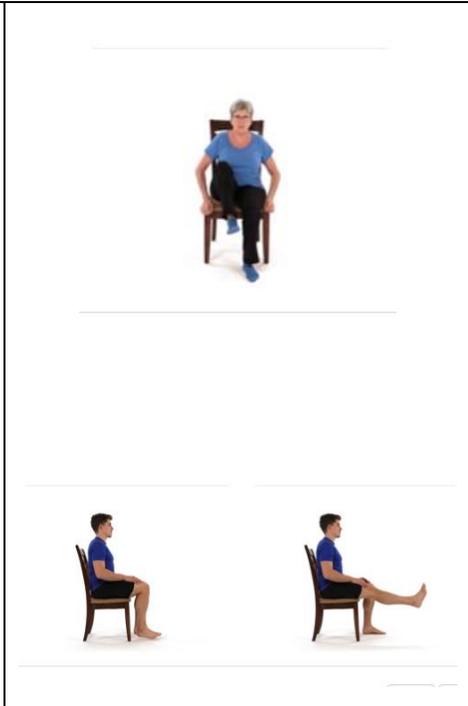
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Seated Hip Flexion

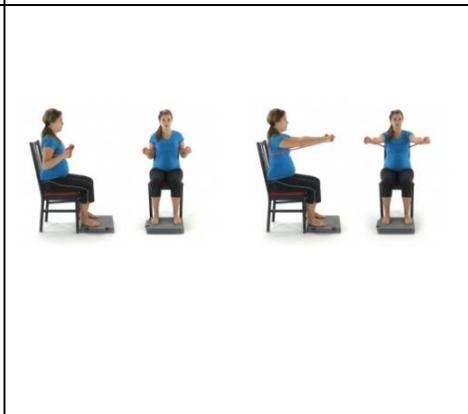
Sit up tall in your chair, feet shoulder width apart. Lift your leg up while keeping your knee bent. For added resistance, add a band or ankle weight. Try to keep moving alternating legs for the entire :45 seconds.

For an alternate exercise you can do a 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.



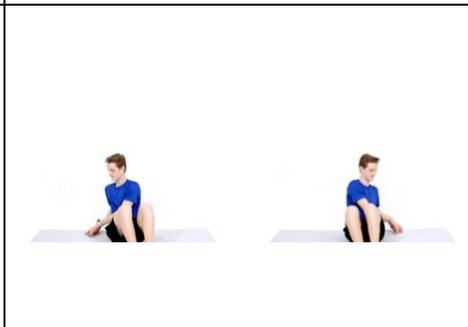
Seated Chest Press

Starting with your hands at chest level on each side, press your arms out to full extension, then back to your chest. Bands, weight, or household objects can be used for added resistance.



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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