

HOME WORKOUT

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

Weekly Workout- June 22nd

10-9-8-7-6-5-4-3-2-1 repetitions of:

High Knees

Squats

Ground to Overhead

Start with 10 repetitions of each exercise and work your way down to 1.

For example, 10,10, 10...9,9,9...8,8,8 and so on.

High Knees

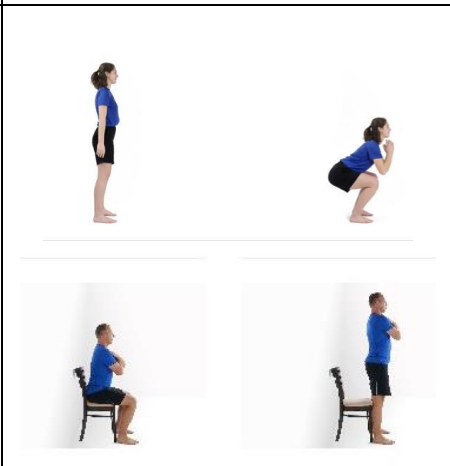
Starting shoulder width apart, lift your knee as high as you can, then quickly switch legs. Try to lift your knee before the other one reaches the ground, as if you were doing fast feet. You can use your arms, lifting with the opposite leg. The goal of this exercise is to elevate your heart rate, but make sure you go at a speed comfortable for you. The number of repetitions is the total number for each leg (ex. 10/leg).

To modify march on the spot lifting your arm and opposite knee as high as you can. Continue to do this movement while alternating legs.



Squats

Start in a standing position with feet about shoulder width apart. 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 or sradcliffe2@brocku.ca

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Ground to overhead

Start in a standing position with feet about shoulder width apart while holding onto a weight, pillow or any household object you may have. You can also do this exercise with no weights. Squat with your arms straight down in front holding onto the weight or object and touch it to the ground, or as close to the ground as you feel comfortable. Try and keep your chest up and back flat as you squat down by looking forward. Once the weight has touched the ground or is as close as you can, lift your arms up overhead as you extend back up to standing position. As you lift the weight up overhead, try and keep the weight or object close to your body as you do so.



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Weekly Workout-Seated Variation

10-9-8-7-6-5-4-3-2-1 repetitions of:

Seated Hip Flexion

Seated Leg Extension or Arm Punches

Ground to Overhead

Start with 10 repetitions of each exercise and work your way down to 1.

For example, 10,10, 10...9,9,9...8,8,8 and so on.

Seated Hip Flexion

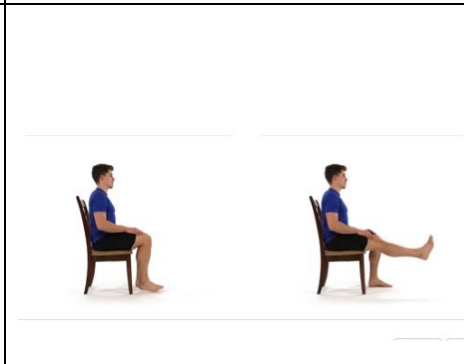
Sit up tall in your chair, feet shoulder width apart. Lift your leg up while keeping your knee bent. For added resistance, add a band or ankle weight. The number of repetitions is the total number for both legs (ex.10 reps=5 per leg)

If you are unable to do hip flexion, you can substitute this exercise with kettlebell swings.



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.



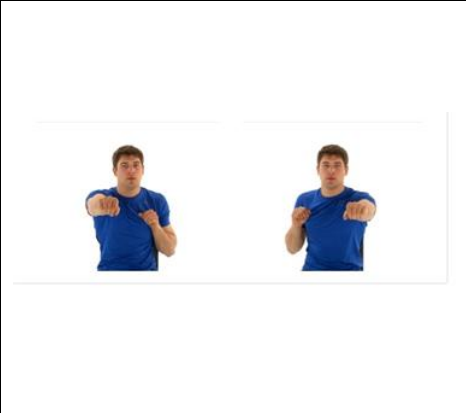
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Arm Punches

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.



Ground to Overhead

Start by sitting tall in your chair holding on to a weight, pillow or any household object you might have. You can also do this exercise using just bodyweight. Lean forward slightly with your arms in front and touch the weight or object to the ground or as close as you can while keeping your back flat. Once you touch the ground, lift your arms overhead or as high as you are able while sitting back up nice and tall to starting position.



<https://www.youtube.com/watch?v=2X3JwQsDhjo>

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