

# HOME WORKOUT

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

## Weekly Workout- June 29th

21-15-12-9 repetitions of:

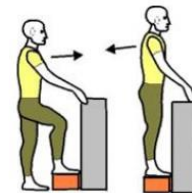
**Step Ups**

**Bent Over Row**

**\*After each round complete 1 minute of skipping\***

### 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.



### Bent Over Row

Start in a standing position with your feet about shoulder width apart. Push your hips back and lean your chest forward with a slight bend in your knees. Try and keep your core tight, back flat and shoulders back. Try not to look straight down, instead try and find a spot in front of your feet to look at to keep your spine in a neutral position.

Let your arms extend straight down, then pull your elbows straight back to 90 degrees while squeezing your shoulder blades together and then back down to starting position. Keep your elbows close to your side, if you are holding onto weight or any household object do so with your palms facing each other. If you don't have any weight you can still do the movement and hold at the top for an extra second.



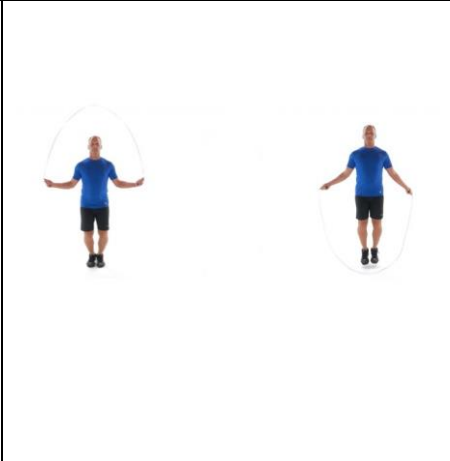
If you have any questions about any of the workouts or exercises please contact [afast@brocku.ca](mailto:afast@brocku.ca) or [sradcliffe2@brocku.ca](mailto:sradcliffe2@brocku.ca)

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## Skipping




Jump up and down with both feet, or back and forth one foot at a time while moving the jump rope under your feet. If you do not have a rope, you can pretend by moving your hands and arms in a circular direction as if you did, while jumping back and forth on each foot. For a lower impact option, step back and forth from one foot to the other instead of jumping.



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<h2>Weekly Workout-Seated Variation</h2>	
<p><b>21-15-12-9 repetitions of:</b></p> <p><b>Toe Taps</b></p> <p><b>Seated Bent Over Row</b></p> <p><b>*After each round complete 1 minute of Seated Battle Ropes*</b></p>	
<p><b>Seated Toe Taps</b></p> <p>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.</p>	 <p>Laterlifetraining.co.uk</p>
<p><b>Seated Row</b></p> <p>In a chair, sit up tall or lean over slightly with arms extended, pulling elbows straight back, squeezing the shoulder blades together. Keep your elbows in close to your body.</p>	
<p><b>Seated Battle Ropes</b></p> <p>Sit tall in your chair keeping your core tight. Holding onto ropes if you have them, the corner of a blanket or towel in each hand, move your arms up and down one at a time in a continuous motion- almost as if you were trying to create waves. Continue this motion for 1 minute.</p>	 <p><a href="https://www.youtube.com/watch?v=B_R8geAhRkk">https://www.youtube.com/watch?v=B_R8geAhRkk</a></p>

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