

# HOME WORKOUT

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

<b>Weekly Workout- June 8th</b>	
<p><b>Complete:</b>  <b>50 Squats</b>  <b>40 Kettlebell Swings</b>  <b>30 Leg Tucks</b>  <b>20 Push Ups</b>  <b>30 Leg Tucks</b>  <b>40 Kettlebell Swings</b>  <b>50 Squats</b></p>	
<p><b>Squats</b></p> <p>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.</p>	
<p><b>Kettlebell Swings</b></p> <p>Start by standing tall with feet shoulder width apart and arms straight down in front. If you have a weight you can hold onto it but if not, bodyweight or any household object will be fine. Push your hips back, keeping your chest up and back flat while slightly bending your knees and letting your arms move backward between your legs. Extend your hips while bringing your arms up to eye level, then go back down, similar to a pendulum motion. Focus on keeping your core tight, head looking forward and squeezing your buttocks when you extend at the top.</p>	 <p>Theboxmag.com</p>

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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## Leg Tucks

Sit on the ground with your arms at your sides and your legs extended straight out with your feet raised slightly off the ground. Bring your knees in towards your chest and back out to extension while engaging your core. You can place your hands down at your sides for support or to make things a bit more challenging, try and lift your hands off the ground slightly and try to maintain balance while you bring your legs in.



## Push Ups

Start in a plank position with your hands just outside your shoulders and feet behind you. Slowly lower your body down, keeping your elbows in close to your side until your chest hits the floor. Push back up to starting position keeping your core tight and back flat.

Some modifications include putting your knees down or using a table or couch for more support. Even with modification, the motion and body position remain the same, keeping your core tight and torso in a straight line.



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## Weekly Workout-Seated Variation

**Complete:**

**50 Seated Battle Ropes**

**40 Kettlebell Swings**

**30 Seated Leg Tucks**

**20 Seated Bent Over Row**

**30 Seated Leg Tucks**

**40 Kettlebell Swings**

**50 Seated Battle Ropes**

### Seated Battle Ropes

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. Each time your arm moves up and down is considered 1 repetition.



[https://www.youtube.com/watch?v=B\\_R8geAhRkk](https://www.youtube.com/watch?v=B_R8geAhRkk)

### Seated Kettlebell Swings

Sit up tall with weight in your lap or in your hands with arms down in front of you. Extend your arms out, bringing them up overhead and back down. If you are unable to go overhead, lift to eye level or as high as you can. Try keeping your chest up, engage your core and look forward throughout the movement.



<https://www.youtube.com/watch?v=FP8wdHlqncw>

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## Seated Leg Tucks

Start by sitting in your chair with your hands at your sides for stability and your legs extended and raised slightly off the floor. Engage your core and pull both knees in towards your chest or as far as you are able, then back out to extension. If you need a modification, you can bring one leg up at a time or place your feet on the ground when in extension.



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## Seated Bent Over Row

In a chair, lean over slightly with arms extended, pulling elbows straight back, squeezing the shoulder blades together and then back to starting position. Keep your elbows in close to your body.



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