

# HOME WORKOUT

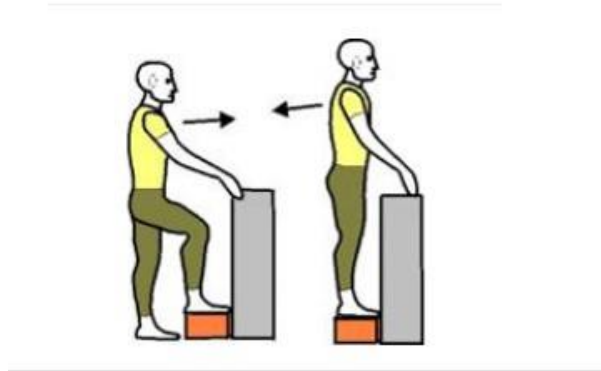
Always make sure to check with your physician before starting an exercise program.

## Weekly Workout- March 30th

**Circuit Style: :45 sec work :15 rest before starting the next station.  
There are 5 stations and you will go through them all 4 times.**

### Step Ups

Find a stair or anything in your home that you can step onto. If you need something for balance, make sure it is secure for safety. Step up one foot at a time, standing all the way up extending the hips before stepping down.



### Plank



The plank can be done on your forearms or up on your hands. Hands should be shoulder width apart. To modify put your knees on the ground, or go against a wall, bench or couch. The goal is to keep your back flat and prevent your hips from dropping down. Tighten your core and imagine bringing your bellybutton to your spine.



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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<p><b>Sumo Deadlift</b></p> <p>Start with a wide stance, holding the weight down in front with your arms straight. Squat down until the weight hits the ground or until you are able, keeping your chest up and looking forward. Stand all the way up extending the hips before squatting back down.</p>	
<p><b>Arm Circles</b></p> <p>Keep arms at shoulder height and move arms in a circle. Rest when needed during the :45 sec. Try and go in both directions throughout the working period.</p>	
<p><b>Rest Minute</b></p> <p>Take this minute to get some water and rest before starting the next round.</p>	

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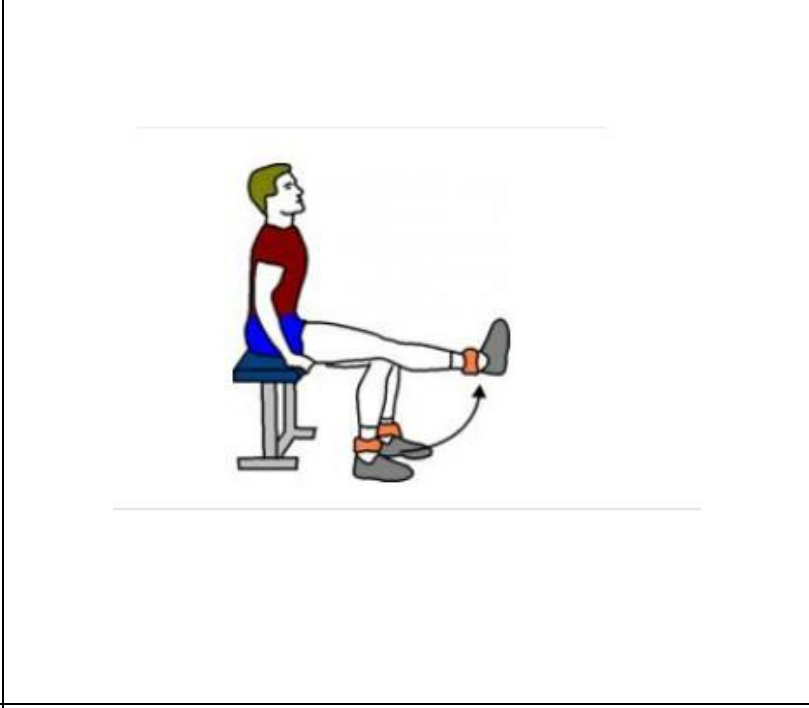
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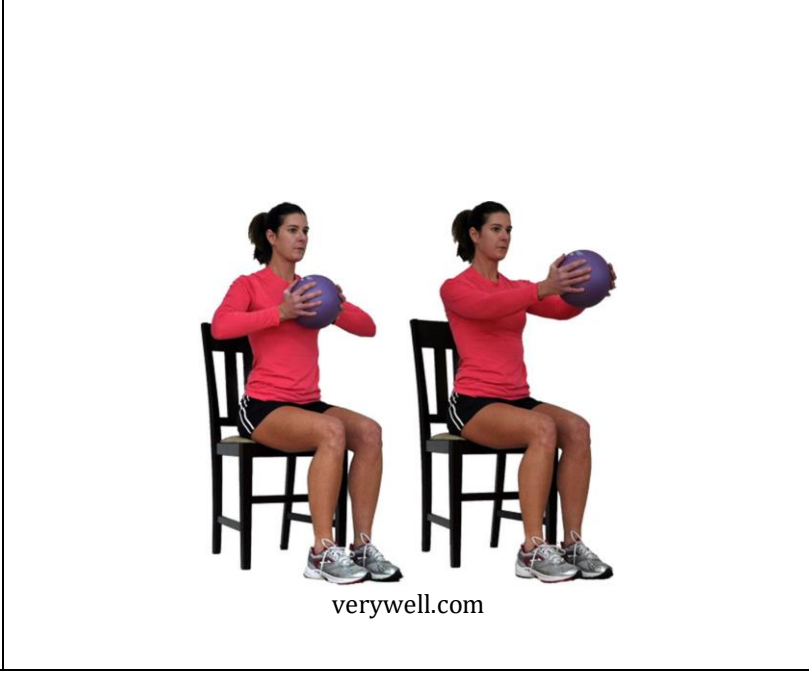
## Weekly Workout-Seated Variation

**Circuit Style: :45 sec work :15 rest before starting the next station.  
There are 5 stations and you will go through them all 4 times.**

**Leg Extension**  
Lift leg to full extension. If you have a band or ankle weight you can use those for added resistance. If no weight is used, focus on keeping the movement slow and controlled and hold for a 3-5 second count at the top.



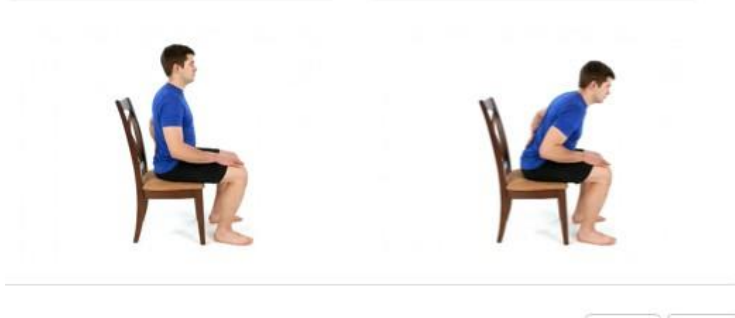
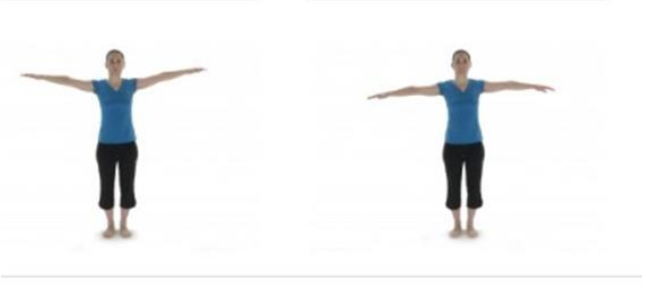
**Pallof Press**  
Starting with your hands at your chest, move your arms straight out to extension and back to your chest. Continue to do this motion, adding resistance by holding onto a weight or any object you may have.



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<p><b>Deadlift</b> Sit tall with shoulders back. Keep your back flat and lean forward until comfortable or until you are unable to keep proper back position. Sit back up to starting position. If you want to add weight, hold weight with your arms straight down at your sides.</p>	
<p><b>Arm Circles</b> Keep arms at shoulder height and move arms in a circle. Rest when needed during the :45 sec. Try and go in both directions throughout the working period.</p>	
<p><b>Rest Minute</b> Take this minute to get some water and rest before starting the next round.</p>	

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