

HOME WORKOUT

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

Weekly Workout- May 11th	
<p>5 stations x 4 rounds of :45 sec on :15 sec rest</p> <p>Station 1: Quick Feet</p> <p>Station 2: Goblet Squats</p> <p>Station 3: Step-ups</p> <p>Station 4: Push Ups</p> <p>Station 5: Rest Minute</p>	
<p>Quick Feet</p> <p>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.</p> <p>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.</p>	
<p>Goblet Squats</p> <p>Start in a standing position with feet about shoulder width apart and holding a weight at your chest. If you don't have a weight, you can hold onto any household item you may have. 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>	

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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<p>Step-Ups</p> <p>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. If you feel comfortable, try and step up and down faster to get more of an aerobic workout.</p>	
<p>Push Ups</p> <p>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.</p> <p>Some modifications include putting your knees down, or using a bench, table, or couch for more support.</p> <p>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.</p>	

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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 Kettlebell Swings

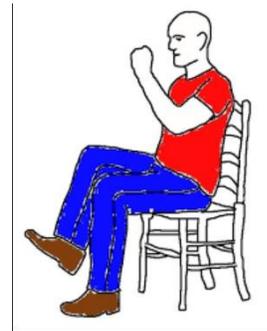
Station 3: Seated Hip Flexion

Station 4: Bicep Curls

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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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>

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.



Bicep Curls

When seated, start with arms extended down at your side with palms facing forward. Flex your elbow up bringing your hands towards your shoulders and back down to starting position. You can lift both arms at the same time or alternate.



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