

# HOME WORKOUT

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

## Weekly Workout- May 18th

Complete 3 rounds of:

**10 Deadlifts**

**10 Lateral Raises**

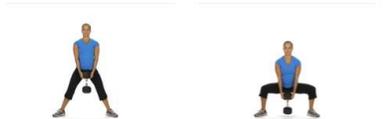
**10 Lunges**

**10 Dead Bugs**

### Deadlifts

Place 2 weights on either side of your feet. Push your hips backward in a hinge movement pattern while keeping your back flat, shoulders back, and looking forward. Bend the knees slightly to go down and grab your weights. Extend the hips and knees at the same time and return to a standing position. If bending down is difficult, place your items on a chair or raised object so you do not have to bend as far down. Weights, grocery bags, or body weight can be used for this exercise.

For an alternative exercise you can do a sumo deadlift. Start standing with feet slightly wider than shoulder width apart and your arms down straight in front of you. If you have a weight or something to hold onto you can, otherwise bodyweight is fine. Bend your knees and drop your hips straight down while keeping your chest up, core tight and arms down straight in front. Try and keep your knees in line with your toes. Squat down until the weight touches the ground or as far as you are comfortable or able and then back up to starting position.



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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## Lateral Raises

Start with your feet shoulder width apart and arms down at your sides before lifting your arms up to the side, going no higher than shoulder height. You can hold onto weights, bands or any household object you have for added resistance.

This exercise can also be done in a seated position, arms starting at your sides and lifting to shoulder height.



## Lunges

Stand with your feet shoulder width apart. Take a step forward bending your hip and knee to 90 degrees. Drop your back leg straight down, touching your knee to the ground or as close as possible. Engage your core and keep your torso in an upright position. Push through the middle and heel of your foot when standing back up to starting position. To put less pressure on your knee, from starting position step backwards instead, dropping straight down. If you need to hold onto the wall or a chair for balance you can.



## Dead Bug

Start by lying on your back with your arms pointing straight up, shoulders lifted slightly off the floor and your hips and knees bent at 90 degrees. Lower your leg straight down slowly while lowering the opposite arm behind your head. As you do this, remember to breathe and keep your core tight.

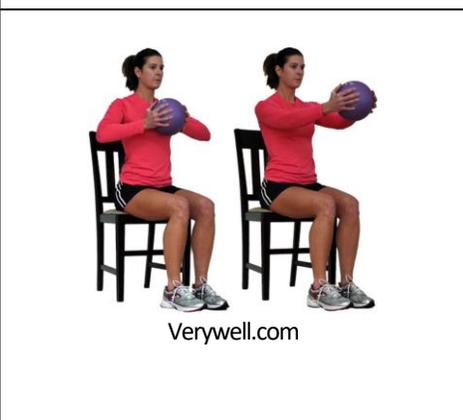
Modifications include lowering your arms and legs one at a time, keeping one foot on the ground as you move your arm and other leg or using the wall for support.



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<h2>Weekly Workout-Seated Variation</h2>	
<p><b>Complete 4 rounds of:</b>  <b>10 Seated Deadlifts</b>  <b>10 Lateral Raises</b>  <b>10 Pallof Press</b></p>	
<p><b>Seated Deadlift</b></p> <p>Sit up tall in your chair. Shoulders back, chest up, keeping your back flat, lean forward until you feel comfortable or until you are unable to keep your back flat. Once you hit this position, sit back up to the starting position. If you want to add weight you can hold it with your arms straight down at your side.</p>	
<p><b>Lateral Raises</b></p> <p>Start sitting tall in your chair with your arms down at your sides. Lift your arms up to the side, going no higher than shoulder height. You can hold onto weights, bands or any household object you have for added resistance.</p>	
<p><b>Pallof Press</b></p> <p>This exercise can be done in a standing or sitting position. Starting with your hands at your chest, keeping your core tight, 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.</p>	 <p>Verywell.com</p>

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