

# HOME WORKOUT

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

## Weekly Workout- May 4th

**3 rounds of:**

**20 Wall Balls**

**10 Bent over Row**

**Rest 2:00 then...**

**3 rounds of:**

**20 Walking Lunge**

**10 Leg Tucks**

### Wall Balls

Start by standing in front of a wall with your feet shoulder width apart while holding onto a ball at chest level. If you don't have any sort of ball available, you can use a pillow or something soft like a stuffed animal. Squat down as far as you can or are comfortable by pushing your hips back and bending your knees to 90 degrees. You can use a chair to sit down to if you need. As you stand back up to starting position throw the ball (or object) on the wall and catch it as you go back down into a squat again. If you are not comfortable throwing and catching, you can touch the object against the wall.

To modify, substitute with a thruster. In a standing position with feet about shoulder width apart. Place the weight on your shoulders, palms facing inward in a neutral position. 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. As you stand back up press your arms overhead before returning to starting position. This exercise can be done with weights, any household object you have or using no weight.



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)

# HOME WORKOUT

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

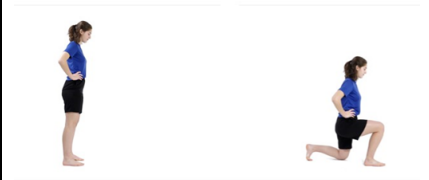
## Bent over Row

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.



## Walking Lunge

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. Continue to step forward with each lunge. If you need to stay in one place instead of walking you can. To put less pressure on your knee, from starting position step backwards, dropping straight down.



## 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.



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)

# HOME WORKOUT

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

## Weekly Workout-Seated Variation

**3 rounds of:**  
**20 Seated Wall Balls**  
**10 Seated Bent Over Row**  
**Rest 2:00 then...**  
**3 rounds of:**  
**20 Chair Dips**  
**10 Seated Leg Tucks**

### Seated Wall Balls

Sit up tall in your chair in front of a wall. Holding onto a ball, pillow or any light or soft object you have at home, throw and catch the object against the wall. Try and keep your core tight and extending your arms up as best you can throughout the movement. If you do not feel comfortable throwing and catching, you can touch the object against the wall.

To modify, you can do shoulder press. Sit up tall and engage your core before pressing overhead. If this motion is painful or you are unable to get full range of motion overhead, refrain from doing this movement and choose an alternate shoulder exercise.



Gramho.com



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)

# HOME WORKOUT

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

## 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.



## Seated Chair Dips

Start sitting tall in your chair. Place your hands on the side of your chair, extend your arms pressing your body up and then come back down. Keep your core tight and try to limit using your legs to help push up. The goal is for your upper body to do most of the work.



## 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.



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)