

# HOME WORKOUT

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

## Weekly Workout- September 7th

Complete 3 rounds of:

**1:00 Step ups**

**10 Deadlifts**

**10 Push ups**

### Step Ups

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.



### 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



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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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.

## 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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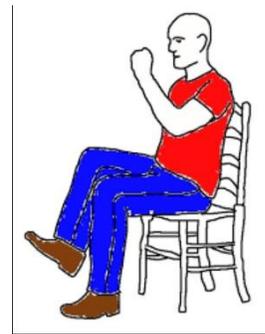
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## Weekly Workout-Seated Variation

Complete 3 rounds of:  
1:00 Seated Toe Taps  
10 Seated Deadlifts  
10 Bicep Curls

### 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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### Seated Deadlift

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.



### 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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