

# HOME WORKOUT

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

<b>Weekly Workout- September 14th</b>	
<p><b>Tabata :20 sec on :10 sec rest x 8 intervals for each movement</b></p> <p><b>Movement 1: Quick Feet</b></p> <p><b>Movement 2: Burpees</b></p> <p><b>Movement 3: Squats</b></p> <p><b>Movement 4: Plank</b></p>	
<p><b>Quick Feet</b></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><b>Burpees</b></p> <p>Start in a standing position with feet about shoulder width apart, lower yourself down until your chest is on the ground by jumping or stepping your feet backwards. After you are on the ground, stand back up and extend your arms overhead. To modify, instead of lowering your body all the way to the ground, use a table, chair or couch to lower your chest to.</p>	 <p><a href="https://www.startstanding.org/">https://www.startstanding.org/</a></p> <p>Musqle.com</p>

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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## Squats

Start in a standing position with feet about shoulder width apart. 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.



## Plank

Start up on your hands or forearms shoulder width apart with your feet back so your body is in a straight line. Keep your back flat and try to prevent your hips from dropping down. Tighten your core and imagine bringing your bellybutton to your spine and hold this position.

To modify, you can drop your knees to the ground, lean against a wall, table or chair while still maintaining a straight line for body position. Make sure if you lean against something it is in a secure position and will not move.



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## Weekly Workout-Seated Variation

**Tabata :20 sec on :10 sec rest x 8 intervals for each movement**

**Movement 1: Seated Jumping Jacks**

**Movement 2: Seated Burpees**

**Movement 3: Chair Dips**

**Movement 4: Pallof Press**

### Seated Jumping Jacks

Sit tall in your chair with your hands at your sides and feet shoulder width apart, jump your feet out while lifting arms up overhead, then back to starting position in a continuous motion. If you are unable to move your arms or legs, just move what you can.



### Seated Burpees

Starting in a seated position with your feet flat, lean forward and reach down with both arms to try and touch the floor or as far as you can, then back up to a sitting position extending your arms overhead or as far as you are comfortable. Continue to reach for the ground and back up as fast as you can in a continuous motion. The goal of this movement is to elevate your heart rate.



<https://www.youtube.com/watch?v=0afxBp9D1cY>

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## 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.



## Pallof Press

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.



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