



Healthy Living: Workout  
March 29<sup>th</sup> - April 4<sup>th</sup>

Warm Up: 3-5 minutes	<a href="#">Dynamic Warm Up</a>	
Towel, Alternating Chest Flyes	Weights: towel/pillow Rep: 8 - 12 each Sets: 2 - 3	From knees or toes on the floor (option to be against the wall), place towel/pillow under one hand and opposite hand on floor under shoulder. Begin to bring chest towards the floor, bending the arm and keeping elbow in, reach out with opposite arm keeping it straight and pushing off towel/pillow for resistance in.
Towel, Hamstring Curls	Weights: towel/pillow Rep 10 - 20 Sets: 3 - 4	Lying on the floor, place the towel/pillow under your feet, keep your bum slightly elevated off the floor and hands at your sides. Move to push your feet out and away from your body while keeping your bum off the ground, when ready pull feet back in with control engaging your hamstrings for effort.
Towel Push & Pulls	Weights: towel/pillow Rep 8 - 15 Sets: 3 - 4	Kneeling on the floor with the towel/pillow in front. Keep hands shoulder width apart, keep knees hip width apart for more support. Begin tabletop, slowly push whole body out and away, pause on farthest reach, then pull back in by first engaging core and back then pull with force.
Towel Lateral Lunges	Weights: n/a Rep: 10 -15 each Sets 2 -3	Place the towel or pillow under one foot, start hip width apart for stable stance. Begin to push towel/pillow foot away into a straight leg while your inside leg moves to bend deeply (bums out), dig foot on towel/pillow and pull back in engaging inner thighs.
Suitcase Lunges	Equip: Wts/Cans Rep: 30 - 60 sec Sets 3 - 4	Holding wts/cans up in front for a 90° elbow bend shoulder hold, begin to travel forward and pause with each step to bend to about 90° in each leg before taking another stride. Ensure to step shoulder width apart and keep arms up at all times.
Plank Up-Downs	Equip: n/a Reps: 20 -40 sec Sets 2 - 3	On the floor from your knees or toes, start in a half plank position keeping hands shoulder width apart and bums down to maintain a neutral spine. Drop one arm at a time to your elbows, remaining tight and controlled, push back up to long arms by placing one hand at a time back to where your elbow was. Repeat
Bicep to Shoulder Press	Weights: wts/cans Reps: 10 Sets: 2 - 3	Standing or seated, keep wts/cans in your hands with long arms at your sides to start. Begin by curling thumb to shoulders, move to press arms up over head. Ensure to press in front of forehead, refrain from pressing behind head. Slow release and repeat.