



# Healthy Living: Neuro Fit Workout

March 29<sup>th</sup> - April 4<sup>th</sup>

<p><b>Warm Up:</b> 3-5 minutes Repeat pattern 2-3 times</p>	<p>Marching with Chest Press (30 sec) Marching with Shoulder Press (30 sec) Marching with Leg Lifts (30 sec) Leg Extension &amp; Heel Digs, left then right (30 sec each)</p>	
<p><b>Stand Ups</b></p>	<p>Weights: n/a Rep: 4 – 6 Sets: 2 – 3</p>	<p>Option 1) In chair, near pole assist, work to sit mid chair and put weight evenly in feet to push off feet and push or pull off pole to bring yourself near vertical. Option 2) No chair, near pole assist, bring yourself to stand tall, try to step forward and back with each foot holding pole lightly for assistance.</p>
<p><b>Leg Extension</b></p>	<p>Weights: n/a Rep 8 – 10 Sets: 2 - 3</p>	<p>While seated in a chair/wheelchair, kick out one leg (try not to use hands to assist) to start, lift it as high as you can hold. Count to 10 sec for the hold, slowly drop the foot and repeat. Ensure to do one side at a time.</p>
<p><b>Leg Curls</b></p>	<p>Weights: hand towel Rep 6 – 10 Sets: 2 – 3</p>	<p>While seated in a chair/wheelchair, have chair near a hard floor (no carpet). Place towel under feet. Now, without your hands, begin to push foot/feet into towel on the floor for added resistance to then bring heels under chair. If one foot is working harder than the other, separate your feet and complete the movement.</p>
<p><b>Chest Press</b></p>	<p>Weights: Band of choice Rep: 12 -15 Sets 2 -3</p>	<p>While seated in a chair/wheelchair, place band around back of your chair roughly chest height. Choose your grip on your band for difficulty (i.e. closer = harder). Now move to press both hands out in front at chest height evenly. Once out, hold with chest muscles flexing for up to 10 seconds, then release and repeat.</p>
<p><b>Anchored Row</b></p>	<p>Weights: Band of choice Rep: 12 -15 Sets 2 - 3</p>	<p>While seated in a chair/wheelchair, place band under your feet and keep feet pressed into the floor. Now, choose your grip distance for pull intensity (i.e. looser at knee = easier) and move to sit up nice and tall engaging core. Move to pull elbows back and squeeze mid-back on pull for 10 second holds, then release and repeat.</p>
<p><b>Weighted Pick Ups</b></p>	<p>Weights: 1 – 5lb Reps: 10 Sets 2 - 3</p>	<p>While seated in a chair/wheelchair, place weight (or can) on the floor to your right. *Option to remove arm rests of chair first*. Now, move to tip to the side engaging your obliques to lift the weight with one hand, sit up tall in the middle, switch hands and move to tip to left and leave the weight. Repeat from pick up.</p>
<p><b>1) Bicep Curls 2) Tricep Extension</b></p>	<p>Weights: 1 – 5lb Reps: 10 Sets: 2 - 3</p>	<p>Bicep Curl: Holding weight (or can) with long arms at your sides, move to slowly bring thumb to shoulder and even slower to drop to long arm. Control is key. Tricep Extension: Holding weight in one hand, bring arm straight up in the air, holding elbow with opposite arm, move to drop thumb to ear and extend. Slower is better.</p>