



Healthy Living: Workout  
April 27<sup>th</sup> – May 1<sup>st</sup>

Warm Up & Cardio:	Zumba Gold Warm Up: <a href="https://www.youtube.com/watch?v=-7kOIkZB8qM">https://www.youtube.com/watch?v=-7kOIkZB8qM</a> OR <a href="https://www.youtube.com/watch?v=BL2phCpNC6k">https://www.youtube.com/watch?v=BL2phCpNC6k</a>  *Workout Progressions have been made in BLUE – Final week for this workout!	
Spider Climbers	Weights: n/a Rep: 20 – 40 sec Sets: 2 – 3	Option to be on the floor OR standing behind a stationary chair. Placing hands under shoulders, going from your toes or your knees, begin by engaging core (think corset!) and keep bums down throughout movement. Move to bring one knee out towards same elbow and press back out to start – alt legs. Choose your speed to get heart rate up.
Balance and Lateral & Front Shoulder Raise	Equip: Wts/Cans Rep 10 - 12 each Sets: 3	Standing on one leg, chair near by to assist, keeping leg behind you as it is off the ground and remaining tall. Move to have weights in opposite hand and proceed to lift straight out to side slowly until you reach shoulder height and then slowly drop. Then move to lift out in front with thumbs up. Option to bend elbows to lighten the load on your neck.
Chest Press with Lunge Back	Equip: Bands/Wts/Cans Rep: 8 -12 each leg Rep: chest continuous Sets: 3 each side	Begin with band wrapped around mid back, choosing grip length, keeping feet hip width to start. Begin by taking a step back with one foot, keeping hip width and feet forward, as you bend both knees to 90’ also press band forward to engage chest. Release both on the way up. Alternate legs. *Chest choose shorter resistance or heavier band*
Split Stance, Bent Over Row	Equip: Wts/Cans Rep: 12 -20 *or heavier* Sets 3	Holding weights/cans, split stance like a squat, keeping most of the weight in your front leg. Bring chest downward slightly, keeping arms long and under shoulders, move to pull arms towards your body with palms up allowing elbows to pass your ribs and engage mid back before releasing arms. Keep a narrow range of motion on row.
Traveling Lateral Lunges	Equip: n/a Rep: 16 – 20 total Sets 3	Begin with feet hip width apart. Move to step out to the right with feet parallel and toes forward, bend into right knee like a squat (bums out, weight in toes) and push off right heel to come back to start. Alt sides choose your speed for control and challenging your heartrate.
Low-to-high Wood Chopper	Equip: Bands Reps: 12 each Sets 2 - 3	Place band under left foot, keeping a longer length on the inside of body. Hold the band with both hands palms down, keeping feet hip width, move to bend slightly from the knees and standing up with twist out towards right side with small hip twist out and band reaching up and out as high a you can hold.
1) Russian Twist 2) Seated Bicycling	Equip: Wts/Cans Reps: 30 -40 sec Sets: 2 - 3	1) Seated in a chair or on the floor, leaning back with core engagement and feet on the ground. Holding a weight/can with both hands, twist the body slightly from side to side. Try doing this on a lower surface, think close to the floor. 2) Leaning back on floor or chair, keeping core engaged, bring knee into hip and alt legs, choosing speed to get heartrate up. Try this on the floor or standing now.