



Healthy Living: Workout
April 19th – April 25th

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| <p>Warm Up & Cardio:</p> | <p>Y Virtual Classes presents Zumba Gold: https://www.youtube.com/watch?v=f1592wNnx9A&t=309s This week I want you to focus on adding in more cardio to your workout. Complete 5 – 10 min of video at a time, including in your warm up. Allow the exercises below to be a strength break between cardio. Do as long as you see fit – it can be fun to try something different. *Progressions listed in RED*</p> | |
| <p>Squat & Bicep Curls</p> | <p>Equip: Wts/Cans Rep: 8 - 12 Sets: 3</p> | <p>Placing feet hip width apart, farther if needed. Keep weights/cans in hands with long arms in front of your body. Move to squat back by keeping weight in the heels, bums out and maintaining neutral spin. As you come up, double bicep curls. Repeat</p> |
| <p>Seated Leg Ups OR Lying Leg Drops with Band</p> | <p>Rep 8 - 12 Sets: 3</p> | <p>Sitting at middle or edge of chair, leaning back on chair, using hands to hold chair from behind as needed. Begin by lifting one knee up at a time, keep the hold without caving your chest and then slow release of the legs to the floor. Slower the better. For Leg Drops wrap band around feet and resist on the drop away from body. *Opt to move hands away as you drop legs down – extra back effort.</p> |
| <p>Two Bands or Weights – Chest flye</p> | <p>Equip: Band/wts/Cans Rep 6 – 10 Sets: 2 – 3</p> | <p>Seated OR Standing on Chair, wrap bad around chair at lower chair height. Gather the band to tension preferred (shorter = harder), begin by keeping thumbs up or palms down for grip and press slowly forward to chest height – hold to ignite chest muscles – then release slow to drop. Two bands for additional resistance.</p> |
| <p>Lateral Lunges OR Step Back Lunges</p> | <p>Rep: 8 – 10 Each Sets 3 - 4 Speed: 3 count</p> | <p>Starting with feet together, begin to step with parallel feet to the right (only as far out as you feel safe) and bending into the right knee like a squat. Press off right foot to come up to stand feet together and repeat opposite side. Keep to a slow 3 count drop and lift.</p> |
| <p>Split Stance, Bent Over Row</p> | <p>Equip: Band/Wts/Cans Rep: 10 - 12 Sets 3</p> | <p>Holding weights in both bands, split your stance with one foot back similar to a lunge, holding a small hinge forward into front leg, begin with straight arms in front of knees. Move to pull weights towards your body with hands at your ribs and elbows passing your back while pointing back – engage shoulder blades together.</p> |
| <p>Split Stance. Tricep Kickback</p> | <p>Equip: Wts/Cans Reps: 6 -10 Each Sets 2 - 3</p> | <p>Same stance as about. Holding one weight in the hand opposite to the leg in front, keeping other hand on leg for stability. Move to bring weighted arm to have bent elbow up at your ribs (90'), then move to straighten arm behind you without elbow leaving your side. Repeat other side.</p> |
| <p>1) Flutter Kicks 2) Balance, Single leg Kickback</p> | <p>Reps: 30 - 50 sec Sets: 2 - 3</p> | <p>1) Seated on Chair edge OR on the floor, lean back slightly with grip at edge of chair and triceps engaged. Move to lift both feet off the ground alternating kicks 2) Standing behind chair, Opposite arm and leg extend out by leaning over into a hip hinge and balancing on opposite leg. Chair is there to assist. Engage glutes on extension</p> |