



Healthy Living: Workout

May 10th - 16th

Warm Up: 3-5 minutes	Marching with arm circles back (20 sec) Marching with bicep curls to tricep press back (20 sec) Wide stance reach across and hip pivots (20 sec) Wide stance reach up and across with hip pivots (20 sec)	Squat to shoulder press (20 sec) Hamstring Curls with arm pull backs, singles (20 sec each) **Repeat 2-3 times**
Sumo Squat & Shoulder Press	Weights: Rep: 8 – 10 reps Sets: 3	Holding a wider than hip stance with toes turned to the corner of the room, proceed to have the weights in your hands maintaining arms at sides. Now move to squat with bums out slow drop and slow rise – then at the top of movement press weights overhead. Keep the weights in front of the forehead.
Half Jacks (Cardio)	Weights: Rep: 30 sec – 45 sec Sets: 3	Options to keep with: 1) opposite arm to leg with minimal jump 2) same arm as leg with some bounce in jump 3) Two arms one leg with some bounce in jump
Banded Chest Press & single leg squat	Weights: shorter grip Rep: 8 each leg Sets: 3	Holding a split stance (one foot staggered in front of the other), keeping band wrapped around your mid-back with grip short for harder, longer for easier. Proceed to lean into front foot and press band forward while engaging chest. Then lean back and bend back leg only, keeping front leg in front, while engaging mid-back for control.
Cross Jab Punches (Cardio)	Weights: Rep: 30 sec – 45 sec Sets 3	Holding wide stance, proceed to utilize no weight or small weight in hands while you punch across your body and towards the opposite side. Engaging core, arms and chest are key with every punch.
Standing Bicycle Crunch & Leg swing Backs	Equip: Rep: 8 – 10 each Sets 3	Standing next to a chair for balance assistance, proceed to have opposite arm to leg crunches while standing. Ensure to avoid excess spinal flexion and remain tall. After these reps, move to have that same foot kick behind you while you reach your arm in front, aiming to get to “table top” evenness.
Hinged Row & Tricep kickback	Equip: Reps: 8 – 10 each Sets 3	Holding a staggered stance, or feet under hips, proceed to hinge at the hips keeping back neutral with core (front & back) engaged. While here, begin to row and squeeze your mid-back together, at this bend proceed to extend arms out behind you for triceps. *remember light hinge to avoid comprising your breathing
Chair/Floor/Ball Leg up & side rotations	Weights: Reps: 30 sec Sets: 3	Seated tall, leaning back at the hips to engage core keeping upper posture engaged, proceed to lift right leg to bent knee up, then left knee to bent knee up. With knees together attempt to rotate left then right before dropping your feet slow and controlled.