



Healthy Living: Workout  
May 24<sup>th</sup> – 30<sup>th</sup> (FINAL WEEK)

<p><b>Warm Up:</b> 3-5 minutes</p>	<p>Cardio Warm up: <a href="https://www.youtube.com/watch?v=3gV261rfbZM">https://www.youtube.com/watch?v=3gV261rfbZM</a> Have a little fun while you get warmer... 😊</p>	
<p><b>Sumo Squat &amp; Shoulder Press</b></p>	<p>Weights: Rep: <b>10 - 15</b> reps Sets: <b>3</b></p>	<p>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. <b>*Opt to add step out travel for squat</b></p>
<p><b>Half Jacks &amp; Front Reach Across (Cardio)</b></p>	<p>Weights: Rep: 30 sec – 45 sec Sets: 3</p>	<p><b>Complete your choice in half jacks, now you can add the front reaches. Begin with right jack, left jack and add in right arm reach across to left then left repeat. Option for 1 rep of each or 2, whichever is easier to maintain.</b></p>
<p><b>Banded Chest Press &amp; single leg squat</b></p>	<p>Weights: <b>shorter grip</b> Rep: <b>10 – 12</b> each leg Sets: 3</p>	<p>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. <b>*Opt to add an attempt at lifting front foot slightly off the ground when squatting back</b></p>
<p><b>Cross Jab &amp; Front Punches (Cardio)</b></p>	<p>Weights: Rep: 30 sec – 45 sec Sets 3</p>	<p>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. <b>*Now add two front punches, then cross jabs – improve coordination</b></p>
<p><b>Standing Bicycle Crunch &amp; Leg swing Backs</b></p>	<p>Equip: Rep: <b>10 - 12 each</b> Sets 3</p>	<p>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.</p>
<p><b>Hinged Row &amp; Tricep kickback</b></p>	<p>Equip: <b>Dumbbell or Band</b> Reps: <b>12 each</b> Sets 3</p>	<p>Holding a staggered stance, or feet under hips, proceed to hinge at the hips keeping back neutral with core (front &amp; 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. <b>*remember light hinge to avoid comprising your breathing</b></p>
<p><b>Chair/Floor/Ball Leg up &amp; side rotations</b></p>	<p>Weights: Reps: 30 sec – 60 sec Sets: 3</p>	<p>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.</p>