



Healthy Living: Workout
May 24th - 31st (FINAL)

<p>Warm Up: 3-5 minutes</p>	<p>Warm up change up: https://www.youtube.com/watch?v=UWeBKnCU6qM Add a little old school to your warm up!</p>	
<p>Sumo Squat Step out & Upright Row</p>	<p>Weights: Rep: 12 - 15 reps Sets: 3</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 in front. Now move to squat with bums out slow drop and slow rise – then at the top of movement bring elbows up to shoulder height, aiming hands to armpits and palms keeping towards your body *Now add in step out travel with squat then row combination</p>
<p>Curtsy Lunges & Bicep Curls</p>	<p>Weights: heavier for arms Rep: 10 - 12 each Sets: 3</p>	<p>Begin with feet under shoulders, keep left foot in place, stepping right foot behind left leg. Short angled step is easiest to keep front leg forward and maintain good form. With each lunge drop proceed to complete a bicep curl and back to start. Then move to right side, same thing. Option to stay with one leg and intensify the effort on that leg.</p>
<p>Ball/Chair incline push ups</p>	<p>Weights: Rep: 10 – 15 or 45 sec Sets: 3</p>	<p>Ball: place ball against a wall for stability, then begin to step back into a full plank or bent knee plank with hands on ball. Proceed to bring chest to the ball, keeping it as still as possible and keeping elbows back with chin tucked in. Chair: same as above, but with hands on the edge of a chair.</p>
<p>Banded Woodchopper</p>	<p>Weights: shorter grip Rep: 30-60 sec each side Sets 3</p>	<p>Holding wide stance, proceed to place band under one foot and grab with palms down towards the opposite side. Proceed to have a mini squat down, come up to stand bringing band with you and proceed to rotate out an up if possible with the full length of the band. *Improve your hinge and aim to start below the knee before engaging bum to get up!</p>
<p>Wall diamond press offs - Triceps</p>	<p>Equip: Rep: 10 - 12 or 45 sec Sets 3</p>	<p>With hands on the wall, step back as far as you feel safe to press into the wall. Once here, bring hands down to chest height and create a diamond shape with your index fingers and thumbs. Proceed to bring chest to thumbs, elbows tight to body and pointed back. Ensure to maintain tight core without swing in body. *Opt. to try a few from a chair or the floor to intensify the effort in your arms</p>
<p>Hinged Row & Tricep Pressback</p>	<p>Equip: Reps: 12- 15 each Sets 3</p>	<p>Holding a staggered stance, or feet under hips, proceed to hinge at the hips keeping back neutral with core (front & back) engaged. Then lengthen arm, and proceed to press with a straight arm back, palm up to the ceiling to engage triceps. Proceed to complete the same with the other side.</p>
<p>Plank Shoulder taps</p>	<p>Weights: Reps: 30-60 sec Sets: 3</p>	<p>On floor: with a half plank position, keeping bum down and hands under shoulders, proceed to take opposite arm to shoulder without tipping your body. On wall: with a wide stance, hands at shoulder height, proceed to take opposite hand to shoulder while lifting one leg off the ground for instability. *Add 5 – 10 seconds to your previous time, at least in 1st set.</p>