



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

<p>Warm Up: 3-5 minutes</p>	<p>Marching with arm circles back (30 sec) Marching with bicep curls to tricep press back (30 sec) Leg kick outs and drag backs (30 sec) Front Floor touches (30 sec)</p>	<p>Toe lifts with 360° hand claps overhead (30 sec) Alternating Punches forward (30 sec) **Repeat 2-3 times**</p>
<p>Stand Ups & Reach high or reach out</p>	<p>Weights: n/a Rep: 4 – 10 or 60 sec long *Add 1-3 reps from prev. Sets: 3</p>	<p>Option 1) In chair, near pole assist, work to sit mid chair and put weight evenly in feet to push off feet and push or pull off pole to bring yourself near vertical. Once up, proceed to try and touch above your head or twist left and right. Option 2) No chair, near pole assist, bring yourself to stand tall, try to step forward and back with each foot holding pole lightly for assistance.</p>
<p>Leg Curls – singles OR doubles</p>	<p>Weights: hand towel Rep 8 -10 Sets: 3</p>	<p>While seated in a chair/wheelchair, have chair near a hard floor (no carpet). Place towel under one foot. Now, without your hands, begin to push foot into towel on the floor for added resistance to then bring heels under chair. It is important to keep the push out of the foot without your hands to assist. *Opt. to add 5 sec contraction of hamstring on each curl</p>
<p>Upright Band & Angled pulls</p>	<p>Weights: shorter grip Rep: 8 each side Sets: 3</p>	<p>Holding band at chest height, proceed to keep palms down and grip band about shoulder width or wider to make it easier. Move to pull right hand down to right hip and left hand up to left shoulder and higher. Meet in the middle and repeat on opposite side.</p>
<p>Weight Chest Press and Cross Jab</p>	<p>Weights: Rep: 45 – 60 sec Sets 3</p>	<p>Holding weights in your hands, bring hands to chest height with elbows pointed back. Proceed to press both hands forward to chest height engaging pec muscles. Then back to center, and cross jab punch to the right, then to the left and back to center.</p>
<p>Banded Butterfly bridge</p>	<p>Equip: heavier band Rep 10 - 12 or 45 sec Sets 3</p>	<p>While in a chair, take the band underneath your thighs, at the top cross the bands so that you have a “X” on the top of your legs. Hold very tight and do not move your arms. With feet and knees together to start – proceed to separate your knees as far apart as you can engaging your bum – keep arms still!</p>
<p>Weighted Pick Ups & overhead clap</p>	<p>Weights: 1 – 5lb Reps: 10 each side Sets 3</p>	<p>While seated in a chair/wheelchair, place weight (or can) on the floor to your right. *Option to remove arm rests of chair first*. Now, move to tip to the side engaging your obliques to lift the weight with one hand, sit up tall in the middle while reaching weights above your head to transfer sides, and move to tip to left and leave the weight. Repeat from pick up. *NOW add pick up from between legs as 3 points of contact</p>
<p>Row and Pressbacks (tricep)</p>	<p>Weights: Reps: 8 - 10 each Sets: 3</p>	<p>While seated, holding weights in hands, bring chest down to thighs like a hinged position, proceed to row elbows back first, squeezing the shoulder blades together. Then release arms and keeping a straight arm press straight back to engage your tricep and slow release is key. Avoid swinging with both movements.</p>