



Healthy Living: Workout

May 3 - 9th

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: 2 - 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.
Bicep Curls with Rocking Horse Balance	Weights: Rep: 6 – 8 Sets: 3	Standing with a staggered stance, begin by completing a single hamstring curl with back leg while you curl your arms. On the drop relax your arms and proceed to lift your front leg and curl again. Keep with continuous curls and hold the balance for up to 15 sec before rotating.
Banded Chest Press & single leg squat	Weights: 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.
Banded Woodchopper	Weights: Rep: 30 sec each Sets 3	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.
Standing Bicycle Crunch & Leg swing Backs	Equip: Rep: 6-8 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: 6-8 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
Plank Shoulder taps	Weights: Reps: 30 sec Sets: 3	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.