



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=Q7aLjkkB9JQ How doesn't love a little GREASE in our warm up!</p>	
<p>Sumo Squat & Shoulder Press (OR lateral Raise)</p>	<p>Weights: 1lb heavier Rep: 8 – 10 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 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. *Add step out with squat</p>
<p>Bicep Curls with Rocking Horse Balance</p>	<p>Weights: 1-3lb heavier Rep: 8 – 12 each Sets: 3</p>	<p>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. *Opt to turn the step/lean forward into a lunge hold</p>
<p>Banded Chest Press & single leg squat</p>	<p>Weights: shorter grip Rep: 8 – 12 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.</p>
<p>Banded Woodchopper</p>	<p>Weights: Rep: 30 – 45 sec each 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. *Opt. to start closer to the knee, with squeeze of bum to get up!</p>
<p>Standing Bicycle Crunch & Leg swing Backs</p>	<p>Equip: Rep: 8 - 10 each 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>Hinged Row & Tricep kickback</p>	<p>Equip: Reps: 10 - 12each 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. 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</p>
<p>Plank Shoulder taps</p>	<p>Weights: progress difficulty Reps: 30 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.</p>