



Healthy Living: Workout

June 8th - 14th

<p>Warm Up: 3-5 minutes</p>	<p>Cardio Warm up: https://www.youtube.com/watch?v=3gV261rfbZM Have a little fun while you get warmer... 😊</p>	
<p>2-point Pivot Squat</p>	<p>Weights: Rep: 10 - 15 reps Sets: 3</p>	<p>Begin with feet together, move to step right foot out to right side and 'squat', back together, then step right foot back to lunge, back together – repeat on the left side. Ensure to remain tall (shoulders over hips) and not to bend too low, keep knees over ankles not toes! *Opt to add balance leg up between movements</p>
<p>Marching & Diagonal Pulls</p>	<p>Weights: Rep: 30 sec – 45 sec Sets: 3</p>	<p>Start with band shoulder width or wider and maintain a good grip. Proceed to start marching at your own speed to challenge your heart rate – then sustain pulls at the same time. For pulls: bring right hands down past hip and extend arm while the left arm reaches up and out to left for extension – alternate sides. *Opt to add moving forward and back for march routine</p>
<p>Bicep Curls with Leg raises</p>	<p>Weights: Rep: 10 – 12 each leg or 40 sec Sets: 3</p>	<p>Start with weights in your hands, proceed to complete continuous bicep curls while you alternate leg raises in front. Option to lift leg – hold in place and get as many curls as you can while you hold it up!</p>
<p>Chest Press & Fly with hip swivels</p>	<p>Weights: Rep: 30 sec – 45 sec Sets 3</p>	<p>Begin with feet wider than shoulders and feet turned to corners of the room – start to move hips side to side small OR larger by leaning into your knees more. Holding cans/dumbbells, proceed to keep palms facing one another and press forward, then long arms out to side for 'fly' and squeeze back in to start. *Opt to add weight here</p>
<p>Seated, Wt'd Side Crunches</p>	<p>Equip: Rep: 10 - 12 each or 45 sec Sets 3</p>	<p>Holding weights in your hands and keeping elbows at sides lower than shoulders – palms facing out. Proceed to extend your left leg out to side, with right leg kept in front – move to drop left elbow down to left leg and all the way back up. Option to lift leg while you drop your arm. *Repeat on other side.</p>
<p>Upright Hold and Tricep Extension</p>	<p>Equip: Band Reps: 10 -12 each Sets 3</p>	<p>Standing tall, holding band shoulder width or wider, bring left arm up to have left elbow up and out and left palm facing down closer to armpit – proceed to take right arm into a row out and extend arm down. Engaging back and tricep.</p>
<p>Leg Extension Hold & T-Shoulder Raise</p>	<p>Weights: Reps: 30 sec – 60 sec each Sets: 3</p>	<p>Begin with weights/cans in your hands at your sides, sitting at edge of seat, proceed to lift one leg up and in front. Maintain a soft knee to protect the joint. While holding leg up and out, move to lift shoulder weight up to a 'T' at side, bring hands together - then apart and drop. Keep arms moving the whole time you hold your legs.</p>