



Healthy Living: Workout

June 15th – 21st

Warm Up: 3-5 minutes	Marching with arm rolls back (30 sec) Wide Stance reach across and reach ups (30 sec) Hamstring curls with arm pullbacks (30 sec)	Heel digs with chest flyes/squeezes (30 sec) Squat and shoulder press (30 sec) Squat step outs and floor touches (30 sec)
2-point Pivot Squat	Weights: Rep: 6 -8 EACH (16 total) Sets: 3	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
Marching & Diagonal Pulls	Weights: thicker band Rep: 30 sec – 45 sec Sets: 3	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
Bicep Curls with Leg raises	Weights: Rep: 10 – 12 each leg or 40 sec Sets: 3	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! *Add heavier weight for arms
Chest Press & Fly with hip swivels	Weights: heavier weight Rep: 30 sec – 45 sec Sets 3	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. * Option to go from swivel to step outs
Seated, Wt’d Side Crunches	Equip: Rep: 10 - 12 each or 45 sec Sets 3	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.
Upright Hold and Tricep Extension	Equip: Band Reps: 10 -12 each Sets 3	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. *Option to add small squat between pulls
Leg Extension Hold & T-Shoulder Raise	Weights: Reps: 30 sec – 60 sec each Sets: 3	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.