



Healthy Living: Workout

June 15th – 21st

Warm Up: 3-5 minutes	NEW Warm up challenge: 12-minute Warm up <i>Complete 3- 12 minutes worth of video to be ready to workout.</i>	
Four Point Pivot Squat	Weights: n/a Rep: 4 – 5 full rounds Sets: 3 - 4	Starting in a standard squat hold with feet under hips (slightly wider is easier), proceed to 'squat' then bring feet together, pivot left and step out and squat, back together – continue until you have hit 4 points in your pivot. *Repeat pattern with leading with the other leg for same for 4 pivot points.
Curtsy Lunges & Lateral Raise	Weights: cans/dumbbells Rep: 6 -8 each side Sets: 3	Begin with feet together and arms at side holding weights. Proceed to step left foot behind right foot for curtsy hold, perform your lunge with desired distance. On bend proceed to complete lateral shoulder raise – get up as you drop your arms. Repeat on the other side. *Opt to step back on more of an angle for added challenge
Upright, Band Chest Press	Weights: Rep: 12-15 or 45 sec Sets: 3	While holding a split stance, wrap band round your back (mid back height-under chest), proceed to have your left arm take $\frac{3}{4}$ of the band in hand and remain lengthened in front – your right hand will then have a $\frac{1}{4}$ of the band OR less to press forward. Ensure to: stay still without rotating, keep left hand still and only move right hand for chest engagement.
Alternating Bicycle crunch with Floor touch	Weights: n/a Rep: 30-60 sec each side Sets 3	Have a chair near by for balance support. Begin with one arm to cross body while opposite knee comes up to hip height. Then take same leg to kick back (straight leg or bent) while opposite arm aims forward to touch the floor. *Repeat on the other side. *Opt for no chair challenge or add weight to arm reaching for the floor
Wall/Floor diamond press offs - Triceps	Equip: Rep: 10 - 12 or 45 sec Sets 3	Set yourself up so that you are adding a challenge to your previous option. Trying the floor or a chair for 1 st set. Ensure to keep hands close together, chest goes down over the finger tips while your elbows go back and close to your ribs. Best to keep chin and bum tucked in. *Aim to add more reps or time from previous week
Banded Lat Pull down & Tricep Extension	Equip: Reps: 10 -12 each Sets 3	Standing in split stance, bring band shoulder width apart and hold hands palms out up over head but in front of your face. Proceed to pull band apart and bring elbows down to side while band comes to your chest. Then back up and one at a time proceed to keep one arm up while the other rows in at side then extends arm for tricep activation
Alternating T-Plank	Weights: Reps: 30-60 sec Sets: 3	From knees or toes on the floor, also able to do from a chair against a wall. Proceed to place hands under shoulders with bums down and bellies tight. Proceed to turn to your left putting all the weight in your right arm and making a side plank hold – repeat on the left side. Keep alternating. *Add 5 – 10 sec from previous time.