



Healthy Living: Workout

June 8th - 14th

<p>Warm Up: 3-5 minutes</p>	<p>Alternating Knee Ups back (30 sec) Marching with bicep curls to tricep press back (30 sec) Leg kick outs and drag backs (30 sec) Lean Forward Floor touches (30 sec)</p>	<p>Toe lifts with 360' hand claps overhead (30 sec) Alternating Punches forward (30 sec) **Repeat 2-3 times**</p>
<p>Banded Leg Ups</p>	<p>Weights: n/a Rep: 4 – 10 or 60 sec long Sets: 3</p>	<p>In seated position, place band under both knees with feet together. Grab the band at a short grip from beside either knee. Proceed to pull band up with liftin legs up (aiming to engage hip flexors on lift to assist). Ensure to engage core muscles on lift up and hold with SLOW release to the floor.</p>
<p>Leg Kicks with Leg Curls – singles</p>	<p>Weights: opt towel Rep 8 -10 each Sets: 3</p>	<p>While seated in a chair/wheelchair, have chair near a hard floor (no carpet). Place towel under one foot. Now, without your hands, begin to push foot into towel on the floor for added resistance to then bring heels under chair. It is important to keep the push out of the foot without your hands to assist.</p>
<p>Diagonal Pull Apart & Heel Lifts</p>	<p>Weights: shorter grip Rep: 6 - 8 each side Sets: 3</p>	<p>Holding band at chest height, proceed to keep palms down and grip band about shoulder width or wider to make it easier. Move to pull right hand down to right hip and left hand up to left shoulder and higher. Meet in the middle and repeat on opposite side. *Add in alternating of double heel lifts with each pull apart – think lower body cardio</p>
<p>Weight Chest Press and Cross Jab</p>	<p>Weights: Rep: 45 – 60 sec Sets 3</p>	<p>Holding weights in your hands, bring hands to chest height with elbows pointed back. Proceed to press both hands forward to chest height engaging pec muscles. Then back to center, and cross jab punch to the right, then to the left and back to center.</p>
<p>Banded Butterfly bridge</p>	<p>Equip: heavier band Rep10 - 12 or 45 sec Sets 3</p>	<p>While in a chair, take the band underneath your thighs, at the top cross the bands so that you have a “X” on the top of your legs. Hold very tight and do not move your arms. With feet and knees together to start – proceed to separate your knees as far apart as you can engaging your bum – keep arms still! *Now provide lighter grip and more distance between feet for further extension apart</p>
<p>Weighted Pick Ups & overhead clap</p>	<p>Weights: 1 – 5lb Reps: 10 each side Sets 3</p>	<p>While seated in a chair/wheelchair, place weight (or can) on the floor to your right. *Option to remove arm rests of chair first*. Now, move to tip to the side engaging your obliques to lift the weight with one hand, sit up tall in the middle while reaching weights above your head to transfer sides, and move to tip to left and leave the weight. Repeat from pick up. *NOW add pick up from between legs as 3 points of contact</p>
<p>Row and Pressbacks (tricep)</p>	<p>Weights: band Reps: 8 - 10 each Sets: 3</p>	<p>While seated, place band under knees and cross grip, proceed to row elbows back first, squeezing the shoulder blades together. Then release arms and keeping a straight arm press straight back to engage your tricep and slow release is key. Avoid swinging with both movements.</p>