



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) |
| Clock Lunges | Weights: dumbbell opt. Rep: 45 sec Sets: 2 | Begin with feet hip width apart and holding weights in each hand if wanted. Proceed to take a step forward with right foot (12 o'clock) and lunge, step back together, step to right side and squat, step back together, finally step back with right foot (6 o'clock) and lunge, step back together. *Repeat with left foot. *Increase lunge depth |
| Balance Bicep Curl to Shoulder Press | Weights: dumbbell/cans Rep: 10 - 12 Sets: 3 | Holding weight in one or both hands, balance on one foot/step back on toe to balance. Proceed to hold balance and completed hammer bicep curl (thumb to shoulder) and then press overhead. *Option of one arm at a time and proceed to complete opposite after, has extra balance. |
| Curtsy Lunge to Sumo Squat | Weights: dumbbell opt. Rep: 6 - 8 each leg Sets: 3 | Start with feet hip width apart and holding weights in each hand if you wanted. Proceed to step back and across with right foot behind left – then lunge. With lunge keep front knee and toe forward. Then step back to middle and up and over to right side with sumo squat hold. *Repeat with left side. *Opt to add more diagonal step up for curtsy challenge |
| Diagonal Band Pulls with Leg Raise | Equip: med./lite band Rep: 6 – 8 each Sets 3 | Holding band wider than shoulder width with looser band between hands. Standing hip width apart you will then proceed to lift right leg up in front (knee to hip) and complete diagonal pull – left arm up and out to left side, right out and down past right hip. *Repeat on left side. |
| High-Low Band Pulls | Equip: med. band Rep: 10 -12 each Sets 3 | Standing/Seated, start with band shoulder width apart. Put hands up overhead and in front of forehead, proceed to pull right hand down with elbow to ribs – repeat with left – then bring both down together adding additional pull apart at the chest. *Opt to add marching to movement for more of a burn! |
| Wall/Floor Push Ups | Equip: n/a Reps: 8 -10 Sets 3 - 4 | With hands shoulder width apart, elbows tucked in and back, keep chest over thumbs as you bring your chest to your hands (floor/wall). Keep chin tucked in, shoulders down and elbows pointed back. Ensure to engage core (front & back) without sticking bum in the air. *Complete highest to lowest rep range for additional challenge without over fatigue |
| Plank Shoulder taps | Weights: progress difficulty Reps: 30 - 45 sec Sets: 3 | 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. |