

Workout of the Week #4

Warm-Up: Wrist Circles, Heel to Toe Taps, Marching + Alternating Arm Reaches, Arm Circles, Hip Circles

Cool Down: Quad stretch, Tricep stretch (bring one hand behind head and push up on that elbow with the other hand) Neck stretches – turn head with control to the right, left, up down, 3 Deep Breaths!

Strength & Balance

1. Squat + Shrug
2. Uppercut Punches
3. Cross Ct. Ski
4. Reverse Lunge + Press
5. Deadlift + Upright Row + Overhead Press
6. Cross Mountain Climber + Push-Up
7. Jumping Jacks
8. Single Leg Bicep Curl
9. Tandem Balance Stance
10. Single Leg Hold + Arm Reach

Core Dynamics

1. Cycling
2. Crunch Opposite Elbow to Knee
3. Clam Shell
4. Inner Thigh Leg Lift
5. Toe Touches (opp. hand to foot)
6. Hip Bridges
7. High Plank
8. Flutter Kicks
9. Crunch + Heel Tap
10. Side Leg Raises

Sit & Fit

1. Sit to Stands
2. Seated Knee Tucks
3. Single Arm Row + Tricep Extension
4. Opposite Elbow to Knee + Overhead Press
5. Out Out In In (hold 1 weight)
6. Wood Chop
7. Cross Punches
8. Step Back + Knee Raise
9. Plank Jacks
10. Standing Hamstring Curls

Every day
is a new beginning.
Take a deep breath,
smile and start
again.

Ways to Mix up Your Weekly Workout Routine

Each class will have 10 exercises listed for the whole week. Switch up your routine daily with the examples below to prevent boredom:

Day 1: Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)

Day 2: Time - 1 Minute for each exercise (repeat 2x for a longer workout)

Day 3: Circuit (4x 30 seconds each, 15 seconds rest between each set)

Day 4: More repetitions, Bodyweight only (do what is comfortable for you)

Day 5: TABATA Training (8 rounds of 20 seconds on, 10 seconds rest)

Fitness Tip of the Week #4

The Key to Happiness during Quarantine:

- Practice Deep Breathing
- Do Acts of Kindness to Others
- Focus on What You Can Control
- Exercise, Eat Healthy, Get Enough Sleep
- Actively Practice Gratitude

Check out this video to practice **Deep Breathing**:

<https://www.medicalnewstoday.com/articles/324417#how-to-do-it>

Contact Information

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