

Workout of the Week #1:

Start each workout with a Warm-Up: Ankles Circles, Wrist Circles, Marching, Arm Circles, Shoulder Rolls, any creative way to get your body moving and ready to go!

Strength &

Balances/Fusion/Circuit

- 1) Squat with an Overhead Press
- 2) Should Tap Push-ups
- 3) Jumping Jacks
- 4) Windmills
- 5) Cross Mountain Climbers
- 6) Heel Tap with Bicep Curl (alternating feet)
- 7) Deadlift with upright row
- 8) Tricep kickbacks
- 9) Reverse lunge with Front Raise
- 10) Single Leg Calf Raise

Sit & Fit

- 1) Sit to Stands
- 2) Front Raise to Side Raise
- 3) Chair Lean Back with Crunch
- 4) Opposite Hand Taps Heel (Arms start extended above head, meet together in the middle with hand and foot)
- 5) Seated Jumping Jacks
- 6) Opposite Elbow to Knee
- 7) Bicep Curl to Overhead Press
- 8) Cross Country Ski
- 9) Heel drag (leg starts extended)
- 10) Seated Knee Tucks

Core Dynamics

- 1) Cycling (15 seconds each direction)
- 2) Hip Bridges
- 3) Single Leg Raise
- 4) Flutter kicks
- 5) Cross crunch (opposite elbow to knee)
- 6) Fire Hydrants
- 7) Toe Touches (Arms and legs extended crunching fingers to toes)
- 8) Clamshell
- 9) Sliding Hands up to Knees
- 10) Dying Bug

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

Day 4: Countdown (start with 10 repetitions, then 9, 8 and so on down to 1 repetition each)

Day 5: Circuit (3x 30 seconds each)



Fitness Tip of the Week

For anyone looking to improve their balance, stability and reduce the threat of falls, check out the Balancing Act program provided by U-ExCEL!

<https://www.une.edu/com/geriatric/programs/u-excel/balancing-act-instructional-videos>

No Weights? No Problem!

Household Items That Work Just as Well as Weights:

- 1 Pound** - Can of Soup, Beans, Water Bottle
- 2 Pounds** - Small Bag of Rice, Carton of Soy Milk
- 3 Pounds** - Bag of Apples, Standard Bag of Onions
- 5 Pounds** - Standard Bag of Flour, Standard Bag of Potatoes
- 8 Pounds** - Gallon of Water or Milk
- 10 Pounds** - Large Bottle of Laundry Detergent