

U-ExCEL Workout of the Week #10

Strength & Balance, Circuit, Fusion

- 1) Squat + Overhead Press
- 2) Hummingbirds
- 3) Cross Mountain Climbers
- 4) Out, Out, Upright Row, In, In
- 5) Reverse Lunge + Punch (opposite hand + foot)
- 6) Opposite Hand to Heel Taps
- 7) Sumo Squat, Bicep Curl, Tricep Extension
- 8) Shoulder Tap Plank
- 9) Clock Balance Work
- 10) Single Leg Balance Extension (holding 1 weight)



Sit & Fit

- 1) Punch + Kick (opposite hand + foot)
- 2) Single Arm Row + Kickback
- 3) Chair Lean Back
- 4) Chest Press
- 5) Seated Jacks
- 6) Calf Raise + Overhead Press
- 7) High Knees
- 8) Seated Weighed Leg Raises (holding 1 weight between feet)
- 9) Forward, Forward, Back, Back
- 10) Tandem Walking (3 steps forward, 3 steps back)



Core Dynamics

- 1) Pretzel Hip Bridge
- 2) Neutral Crunch
- 3) Heel Taps
- 4) Side Leg Raises
- 5) Inner Thigh Leg Lift
- 6) Scissor Kicks (moving up + down)
- 7) Dying Bug
- 8) Side Bends
- 9) 90 Degree Out + In
- 10) Seated Twist



Warm-Up: Butt Kicks, Ankles Circles, Shoulder Rolls, Side Step Taps, High Knees, Head Circles, or any creative way to warm up your body!

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: Countdown Workout (See Attached PDF)

Day 4: Circuit (2x 45 seconds for each exercise)

Day 5: Coin Flip (Heads = Exercises 1-5, Tails = Exercises 6-10)

When it rains, it pours...
but soon,
**the sun
shines again.**

Stay positive.
Better days are on their way.

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Fitness Tip Week #10

Pilates – Pilates is a great form of exercise for older adults as it consists of low-impact flexibility, muscular strength and endurance movements. If you are interested in building overall strength, stability and coordination, check out either of these Pilates videos:

Standing Pilates Video

https://www.youtube.com/watch?v=i3PYS_jsA1c

Chair Pilates Video

<https://www.youtube.com/watch?v=LKQzfHYaHio>

Reminder:

All At-Home Workouts created by Hannah can be found on the following website – Scroll down to COVID-19 – U-ExCEL At Home Workouts:

<https://www.une.edu/com/geriatric/programs/u-excel>