

## Workout of the Week #2

### Strength & Balances/Fusion/Circuit

- 1) Squat + Opposite Elbow to Knee
- 2) Bicep Curl + Cross Punch
- 3) Mummy Kicks
- 4) Side Lunge + Press
- 5) Plank Jacks
- 6) Single Leg Deadlift + Front Raise
- 7) Twist + Press
- 8) Skaters
- 9) Tandem Balance Stance + Head Turning
- 10) Tree Pose Balance



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

### **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)

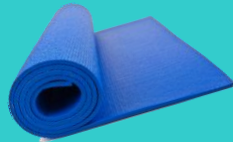
**Day 3:** Circuit (2x 45 seconds each)

**Day 4:** Flip a Coin - Heads = Exercises 1-5, Tails = Exercises 6-10

**Day 5:** Spell Your Name Workout (See Other Attached Document)

### Core Dynamics

- 1) Hip Bridge + Knee Opener
- 2) Penguins (Side Bends)
- 3) Raised Leg Circles
- 4) Plank
- 5) Superman's
- 6) Open + Close with Legs
- 7) Bicycle Crunch (opposite elbow to knee, opposite leg extends straight)
- 8) Heel Taps
- 9) Side Leg Raise
- 10) Bird Dog



### **Coronavirus Cabin Fever? Get Outside!**

Go for a walk around the Piper Shores campus or to Higgins Beach! Outdoor exercise can boost your body, mind, and mood. Also, getting fresh air has many benefits to improve overall wellbeing:

- Helps to improve blood pressure and heart rate
- Makes you happier
- Strengthens your immune system
- Cleans your lungs
- Gives you more energy and a sharper mind

**\*Remember to be 6 feet away from other walkers\***

### Sit & Fit

- 1) Sit to Stands
- 2) Overhead Press to Chest Press
- 3) Chair Lean Back, Crunch + Opposite Elbow to Knee
- 4) Leg Extension
- 5) Wood Chop + Knee Raise
- 6) Opposite Hand + Foot (Punch + Kick)
- 7) Seated Windmills
- 8) Single Leg Push-Ups
- 9) Staggered Balance + Eyes Closed
- 10) Single Leg Balance + Head Turns



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## **Fitness Tip of the Week #2**

One of the most overlooked aspects of exercise is stretching **after** a workout. Below are reasons why stretching is important for older adults:

1. **Stretching reduces low back pain and arthritis** – Stretching the hamstrings and hip flexors will help to alleviate low back pain.
2. **Stretching reduces the risk of falling** – Improving flexibility in the hamstrings, quadriceps, and lower back, along with greater mobility in the hip joint is important in the prevention of falling.
3. **Stretching helps improve posture** – As we age, our body's water content in connective tissue, such as ligaments and tendons, decreases, resulting in reduced elasticity and flexibility; leading to poor posture. Stretching helps loosen those tight ligaments, tendons, and muscles to give your body a greater range of motion.
4. **Stretching increases blood flow and energy levels** - Stretching helps to increase circulation throughout the body. Stretching also increasing energy levels, which in older adults is important for maintaining independence, remaining social, and overall healthy aging.

Remember to always stretch after each workout. Check out this link for **7** great stretches!

<https://www.silversneakers.com/blog/stretching-for-seniors-7-simple-moves-for-the-not-so-flexible/>

