

Workout of the Week #3

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 (3x 45 seconds each)

Day 4: Increase weight and decrease repetitions (6-8 repetitions)

Day 5: Total Body Card Deck Game (see attached document/ deck of cards needed)

Fitness Tip of the Week #3

Practicing yoga helps in controlling an individual's mind, body, and soul. It brings together physical and mental disciplines. Practicing yoga might seem like just stretching, but it can do much more for your body. If you are looking to relieve stress, improve immunity and maintain a healthy lifestyle during this time, add yoga into your daily routine!

Check out this 7 minute **Standing Yoga** video below:

<https://www.youtube.com/watch?v=NDLad2vOHkU>

Check out this **Chair Yoga** video if you are not comfortable with standing yoga:

<https://www.youtube.com/watch?v=rgsYMo03xa4>

Listen to your body and only do what you are comfortable!

"Stay positive.
Better days are
on their way."

—Unknown

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Strength & Balance, Circuit, Fusion

1. Squat + Kick
2. Arnold Press
3. Jump Roping
4. Deadlift + Row + Fly
5. Single Leg March + Front Raise (opposite hand & Leg)
6. Tricep Extension w/ March in Place
7. Wall Sit + Press Out
8. Push-Up + Reach Back to Opposite Foot
9. Single Leg Balance + Leg Extension
10. Single Leg Side Raise Hold

Sit & Fit

1. Weighted Jumping Jacks
2. Chest Press to Fly
3. Chair Lean Back Crunch + Leg Extension
4. Side Leg Raise to Back Leg Raise
5. Standing Calf Raises
6. High Plank Shoulder Taps (opposite hand to shoulder)
7. Overhead Press + Opposite Foot Marching
8. Seated Good Morning
9. Upright External Rotation (arms at 90, palms facing down, pull back as you rotate weight so palms face outward)
10. Tandem Balance with Leg Extended

Core Dynamics

1. Single Leg Hip Bridge
2. Leg Criss Cross Kicks
3. Reverse Crunch into Leg Extension
4. Crunch W/ Knees 90 Degrees
5. Fire Hydrant + Leg Kick Back
6. Russian Twists
7. Row Boat
8. Neutral Position Crunch (hands behind head)
9. Full body Opposite Hand to Foot
10. Frog Crunch