

U-ExCEL Workout of the Week #5

Warm-Up: Marching, Hip circles, Reach one arm up and across, Wrist circles with ankle circles (one foot at a time), Head circles, Heel to toe taps, or any creative way to get your body warmed up!

Strength & Balance, Circuit, Fusion

1. Lunges (place towel underneath foot and hold end of towel in each hand)
2. Single Arm Tricep Pull (with towel)
3. Jog/Sprint (jog for 10 seconds, sprint for 10 seconds, for 1 minute in total)
4. Overhead Press w/towel (bring towel behind your head)
5. Deadlift + Tricep Flutters (arms behind back holding towel)
6. High Knees
7. Driving (steering as you keep arms extended in front holding towel)
8. Curtsey Lunge + Lateral Raise (1 weight)
9. Tandem Walking (heel to toe)
10. Single Leg Balance (opposite arm + knee)

Sit & Fit

1. Deadlift to Front Raise (1 weight)
2. Extended Flutter Kicks
3. Upright Row + Chest Press
4. Seated Skaters
5. Bicep Curl with Toe Raises
6. Hinge & Crunch Elbow to Opposite Knee (outside of knee)
7. Front Raise Hold, Side Raises
8. Seated Criss Cross Jacks
9. Seated Leg Raises with Weight In-between Feet
10. Tap Opposite Hand to Heel (arms start extended above head)

Core Dynamics

1. Hip Bridge (arms extended behind head with towel, keeping arms extended bring arms to hips as you lift hips into bridge position)
2. Toe Reaches (towel between feet, climbing hands up the towel towards your toes)
3. Donkey Kicks
4. Open & Close
5. Superman Towel Row
6. Knee Drop (arms extended above head holding towel, bring knees down to one side together and arms down to the other side)
7. Hold Legs 6 Inches off the Ground
8. Dying Bug
9. Legs Raised + Reach Clap
10. Lying Windshield Wipers

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: Dice Workout (see attached PDF, 2 dice needed)

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

Day 5: Circuit (3x 30 seconds for each exercise)

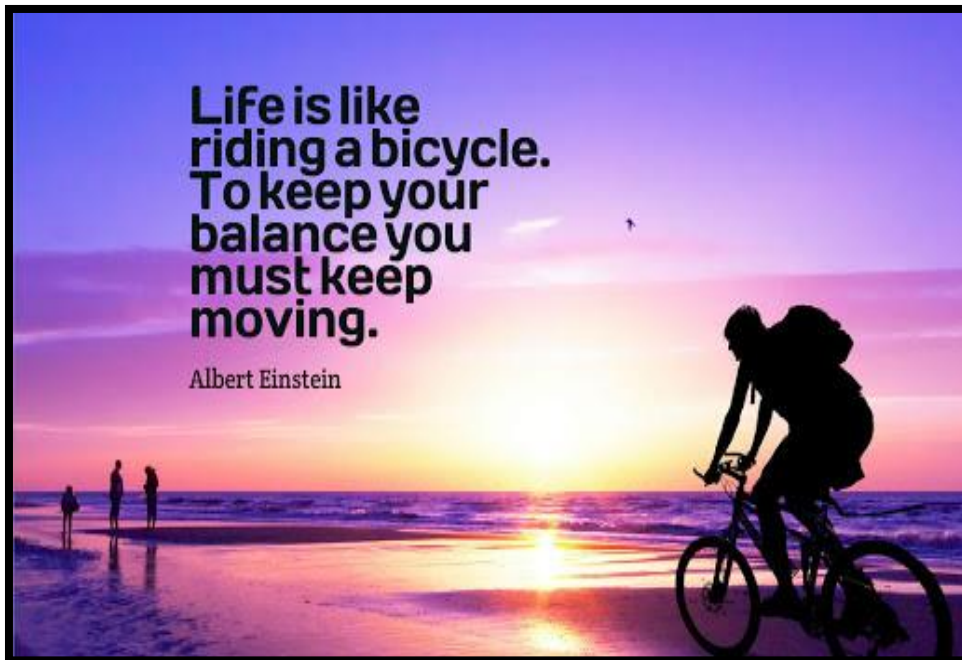
Fitness Tip of the Week #5

Stay Hydrated– Adequate water and fluid intake helps to keep your body strong and have the ability to fight off viruses and infection. To ensure you are drinking enough water, follow these hydration techniques:

- **Drink a glass of water before every meal**
- **Do not wait until you are thirsty** – feeling thirsty indicates that you are already dehydrated
- **Add natural flavor to water through fruit infusion**
- **Drink before, during, and after exercise** – replacing the fluid that is escaping your body due to sweat is important

Check out the link below for more information:

<https://www.agingcare.com/articles/hydration-tips-for-seniors-205594.htm>



Contact Information:

Fitness Specialist
Hannah LeBlanc
Hleblanc2@une.edu
508-423-9865

Cool Down: Quad stretch, Shoulder stretch, Hamstring stretch & Chest stretch

