

U-ExCEL Workout of the Week #6

Strength & Balance, Circuit, Fusion

1. Squat + Alternating Reverse Lunge
2. Bicep Curl + Cross Punch
3. Opposite Elbow to Knee
4. Side Lunges + Chest Press
5. Shoulder Tap Push-ups
6. Marching Wall Sit
7. Opposite Hand to Foot + Upright Row
8. Single Leg Deadlift + Front Raise
9. Clock Toe Touches
10. Single Leg Balance + Twist

Sit & Fit

1. Cross Punch + Sit to Stand (bodyweight only)
2. Twist + Reverse Grip Overhead Press
3. Jack + Chest Press
4. Out Out In In + Single Leg March
5. Seated Reverse Fly
6. Single Leg Heel Drag
7. Supinated Rows
8. Single Leg Mountain Climbers
9. Side Leg Raises
10. Single Leg Calf Raises

Core Dynamics

1. Cycling w/ Legs Only
2. Marching Hip Bridges
3. Knee Sliders
4. Russian Twists
5. Single Leg Raise
6. Penguins (Side Bends)
7. Bird Dog + Crunch
8. Elbow to Opposite Knee Crunch
9. Up & Down Criss Cross Flutterers
10. Side Leg Lift + Reach (Arm extended behind head or straight over head, reach toward the leg lifting up)

Warm-Up: Side Steps, Arm Circles, Shoulder Rolls, Hip circles, Reach one arm up and across, Twist upper body right & left, Wrist circles, or any creative way to get your body warmed up!

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:

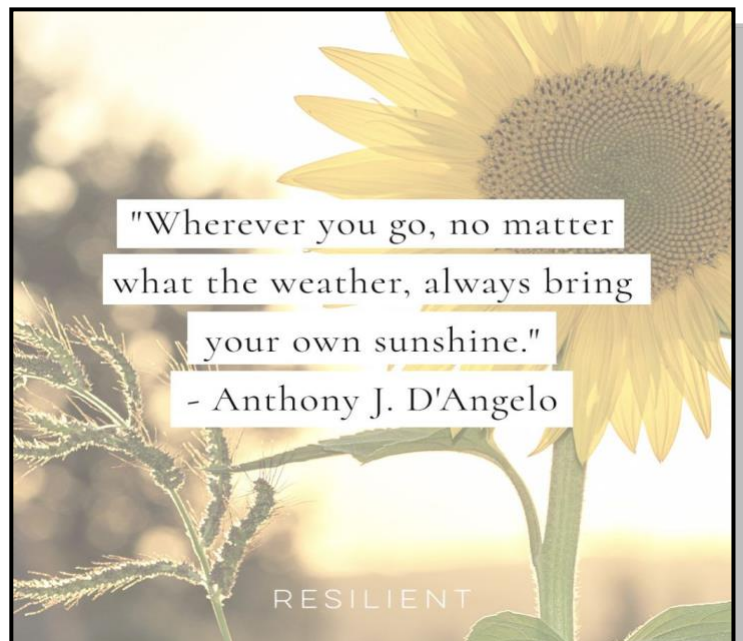
Day 1: Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)

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

Day 3: Flip a Coin – Heads = Exercises 1-5, Tails = Exercises 6-10

Day 4: Time - 1 Minute for each exercise (repeat 2x for a longer)

Day 5: Create your Own Bootcamp Adventure (See attached PDF)



Fitness Tip Week #6

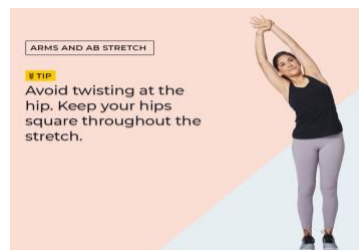
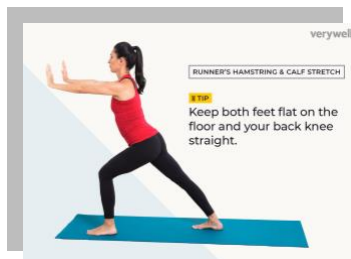
Practice Mindful Meditation – Mindfulness is a natural quality that we all have. It is available to us in every moment if we take the time to appreciate it. Mindfulness helps to manage mood and emotions, creating space between yourself and your reactions. Practicing mindful meditation can help enhance calmness, improve sleep, and boost emotional well-being. If you are ready to become more focused, healthier and happier, follow the steps below!

How to Practice Mindfulness

- 1** **Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2** **Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3** **Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4** **Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5** **Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6** **Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



Cool Down: Calf stretch, Arms + Abs stretch & Hamstring stretch



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As an alternative to standing, you can sit and perform both the Arms & Abs stretch and the Hamstring stretch