

## Workout of the week for May 6, 2020!

This week's workout consists of 12 exercises for 10 repetitions; 2 rounds. Go through each exercise once, before starting over at the top with round two. Rest as needed and stay hydrated! As always, warm-up first and cool down at the end.

### Equipment Needed:

Chair, set of weights and a mat/blanket (**IF** you'll be doing abdominal exercises on the floor).  
\*\*Bottle of water to stay hydrated.

### Warm-up: Complete each exercise for about 30-45 seconds

March in place → Side Step (Step Touch) → Double Step or Grapevine → March →

Tap your toes → Tap your heels → Hamstring Curls (Pull your heel to your bottom) →

Knee Lifts (Alternate opposite elbow to knee) → March → Side Step → Shoulder Rolls →

Neck Stretch (Alternate Chin to Chest & Looking Up) → Stretch anything else you need to

**Workout: 2 Rounds, 10 Repetitions** \*\*Pictures of each exercise attached for reference if needed!

1. Hammer Curls
2. Squats/Chair Stands
3. Russian Twists – 30 secs
4. Upright Row
5. Seated Knee Extension
6. Ab Holds – 30 secs

7. Dumbbell Chest Press
8. Fire Hydrants
9. Planks – 30 secs
10. Overhead Triceps
11. Wall Sits – 30 secs
12. Ab Bicycles – 30 secs

\*End of Round 1: Jumping Jacks

\*End of Round 2: Jabs

## Exercises

### Hammer Curls

- Feet should be flat on the floor
- Standing or sitting tall, chest up
- Holding the weight at your sides, elbows at 90 degrees
- Raise the weight up slow & controlled
- Lower the weight all of the way down, keeping the dumbbells “upright”

\*You can complete this one arm at a time or both arms together.



### Chair Stands

Note: You can use your hands to assist if needed BUT, try not to if possible.

- \*Sit out on edge of chair
- \*Stand to a full standing position.
- \*Sit back into chair in a slow, controlled manner.
- \*Do NOT let your knees push out over your toes.



### Russian Twists

- Start seated with a ball at your side.
- Keeping your knees & feet together, raise your legs up.
- Alternate the ball, side-to-side, tapping the ball on either side of the chair.

\*Keep your abdominals/core tight!



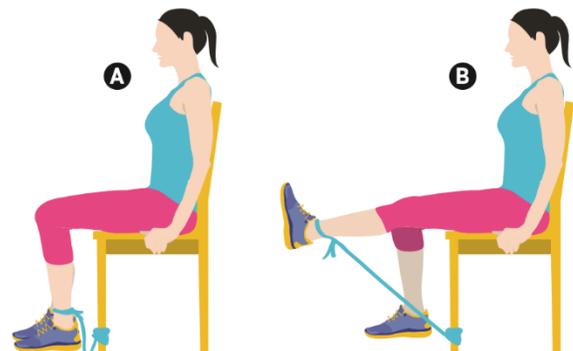
### Upright Row

- Begin with your feet about shoulder width apart
- Chest up tall
- Holding a weight in each hand, slowly begin raising the weight up to your chin.
- Lower back down to the start position and repeat



### Seated Knee Extension

- Begin seated with your feet flat on the floor, sitting tall, knees & hips at 90 degrees.
- Flex your foot and extend your leg upwards in a controlled motion. (Contract your thigh)
- Return slowly to the start position and switch legs (Alternate sides)



### Ab Holds or Boats

- Sit comfortably at the edge of the chair.
- Keep the back straight and the core (abs and lumbar) tight. Stick the chest out.
- Place both feet far out in front of the body and point the toes to the ceiling. Both feet should be diagonal to the hips.
- Hold this position.



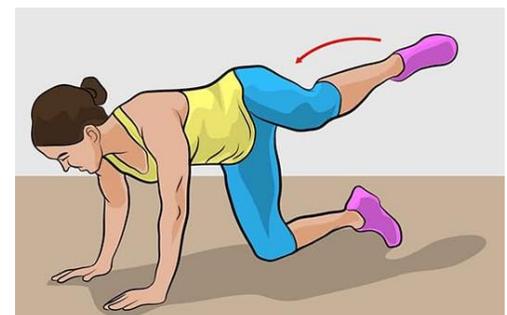
### Dumbbell Chest Press

- Lay on your back, knees bent
- Position weight over your chest (DB should be in line with body)
- Press the weight up, away from body
- Slowly lower back to starting position
- Repeat on the other side



### Fire Hydrants

- Begin on all fours (knees bent, palms flat on floor)
- Position your hands directly under your shoulders
- Starting with one leg, raise away from your body, keeping your knee bent
- Slowly lower back to starting position
- Repeat on the other side



## Planks

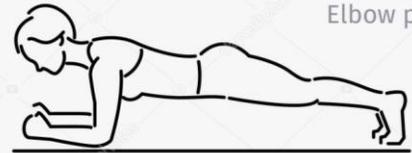
- Begin on the floor, laying on your stomach.
- Place your hands or forearms directly under your shoulders.
- Push “up”, squeezing your core & balancing your body.
- Hold this position
- Body should be long & strong

## PLANK workout

Full plank



Elbow plank



## Overhead Triceps Extension

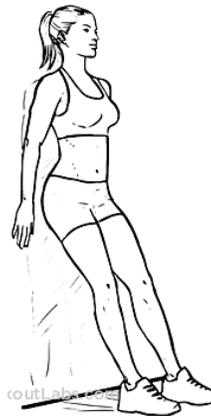
- Keeping the elbow in, extend hand toward ceiling.
- Slowly lower back to starting position.
- Repeat on other side.

\*The weight should never come over your head, always behind.



## Wall Sit

- Begin with your back & shoulders against the wall.
- Your feet flat on the floor, directly under your knees (knees at 90 degrees)
- Core should be tight
- Hold this position



## Abs: Bicycles in a Chair

- Start with one leg extended and the other knee towards your chest (Both up off the floor)
- Alternate your legs in a “pedaling” motion
- Keep core tight & your back away from the chair

