

Home Workout for RSBNB 11 am class

Target Audience: Limited mobility, may need a cornerman to complete exercises safely, have a chair nearby to hold onto or sit when necessary.

Type of workout: Low intensity with Big movements, Chair needed for exercises, Workout can be done standing or seated.

Length of Workout: Complete twice (30 min)

EXERCISES:

1. High knees with opposite arm raise above head x 10.
2. BIG open arms, Left meets the Right, Shift weight and rotate foot and core. Then do Right arm meets the Left arm. BIG Program movements. Can be done from a chair also. Do 10 one direction and 10 the other direction.
3. F.B.E. (Full Body Extensions). Seated with wide legs, reach for the ground then bring your arms up above your head and reach for the sky. Repeat 10 times. Can be done standing if you have assistance for balance.
4. Fast Feet from a chair for a count of 20. Do this 5 times. Move those feet as fast as you can!
5. Sit to Stands with controlled sit (do not plop into the chair. Use your muscles to control a slower sit into the chair) Use a hard seated chair. Do 10/rest/repeat 3 times. Make sure you have someone assisting you.
6. Big Step outs. Nice big step to the right, right arm goes out, spread fingers wide. 10 on the Right. 10 on the Left.
7. Windmills.....good posture and wide arms. Come all the way up and looking straight out across the room. Can be done from a chair also.

8. Heel taps and elbow pulses. Pull those toes up when tapping your heel and squeeze those shoulder blades together with each elbow pulse. Do 10/rest /repeat 4 times. Can be done from a chair as well.

9. If it's a nice day outside be sure and take a good walk outside. Soak up sunshine, fresh air, get your heart rate up. Go up and down a driveway, around the block, or up and down your street. Be sure and take a family member (its good for them too) and enjoy their company. Did you know that a good walk after a meal will lower your blood sugar and aide in digestion? Do it! If walking is hard for you, you can do your exercises from a chair outside in the sunshine! Do some deep breaths while you are outside in the fresh air. Breath in through your nose and blow it out through your mouth emptying your lungs.
10. Shadow box each combo 10 times. Get your kids or grandkids to do it with you! Use good form!
 - A. 1,1, 2, 3, duck
 - B. 5,6,5,2 gloves up
 - C. 1,2, duck, 4,3 duck
 - D. 3,6, 5, 4 weave
 - E. 4, 5, 2, 1 high knee
 - F. 6, 5, 6, 3 gloves up