

Home Workout for RSBNB 12:30 class

Target Audience: Able to complete exercise without assistance, mobility to get on the floor and rise safely with use of chair.

Type of Workout: low-medium intensity, Chair needed for some exercises.

Length of Workout: complete twice (30 min)

Exercises:

1. Lay on belly, use a chair to stand up properly one foot at a time or just do knee to stands. Get your balance before doing the next one,
2. BIG open arms, Left meets the Right, Shift weight and Rotate foot and core. Then do Right meets the Left.
3. Knee Push ups or wall push ups
4. Step ups on bottom stairs or Fast Feet over and back of a line. 10 leading with right foot. 10 leading with left foot.
5. Sit to Stands with a controlled sit. (Don't plop into the chair, use your muscles to sit slowly) Use a hard bottom chair, not a recliner.
6. Sit ups....hook feet under couch or have a family member hold your feet and do crunches. Or you can do Russian twists, standing or sitting.
7. High Knees with opposite high arm reach above head.
8. Elbows to knees....drive those arms up and bring both elbows to one knee shifting your weight forward when you bring the back knee up.
9. Curls into a press.....if you don't have weights, use soup cans
10. Bird Dog Crunches from the floor or use a wall. Bring your elbow to knee squeezing your core. 10 one side, then 10 the other side.

11. Windmills – stand all the way up and keep arms stretched out wide. Look out in front of you when you come up, good posture.
12. Knee to Stands X 5 then 10 calf raises.
13. It's going to be nice outside so be sure and take a good walk outside. Soak up sunshine, fresh air, get your heart rate up. Go up and down driveway, around the block, or up and down your street. Did you know that a good walk after a meal will lower your blood sugar and aide in digestion? Do it! Take a family member with you.
14. Write 6 boxing combos and Shadow box each one x10
15. There are modifications for everything. Do the work!