

Home Workout for RSBNB 10 am class

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

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

Length of Workout: complete twice (30 min)

Home Exercises:

1. Lay on belly, push yourself up to hands and knees, use a chair to stand up properly one foot at a time. Take your time and have your balance before you do the next one. If this is too hard, then just do knee ups each time you come up to your hands and knees.
2. BIG open arms, Left meets the Right, Shift weight as you rotate foot and core. Then do Right arm meets the Left arm. BIG program movements. Good posture.
3. Knee Push ups....on the floor.
4. Step ups on bottom stairs or Fast Feet over and back of a line or seam in the carpet. 10 leading with Rt 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 your recliner.
6. Sit ups....hook feet under couch or have a family member hold your feet and do crunches. If this is too hard, you can do leg holds laying on your back or flutter kicks laying on your back. Do for count of 20, rest and repeat.
7. High knees with opposite high arm above head.
8. Elbows to knees.....start with arms up and bring ELBOWS to one knee shifting your weight bringing back leg forward. Repeat on one side for 10.
9. Curls into a press overhead.....if you don't have weights, use soup cans.
10. Bird Dog Crunches. Bring that elbow to knee and squeeze your core. 10 one side, then 10 other side. Fight for your balance.
11. Windmills – stand all the way up in between and keep arms stretched out wide. Look straight out when you come up, good posture.
12. Knee to Stands X 10. Stand all the way up, arms up. Use a hard sturdy chair.

13. If its going to be nice outside 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. Do some deep breathing out side working your diaphragm. Big deep breath in through your nose, and blow ALL of your air out your mouth till your lungs are empty. Did you know that a good walk after a meal will lower your blood sugar and aide in digestion? Do it!
14. Write 6 boxing combos and Shadow box each one x10
Example: 1, 1, 2, 3 duckUse good form.