

Home Workout for RSBNB 9 am class

Target Audience: Able to complete exercise without assistance, mobility to get on knees and rise safely with use of chair. Can make modifications to exercise listed.

Type of Workout: Low-medium intensity with Big movements. Chair needed for some exercises or ability to make modifications.

Length of Workout: complete twice (30 min)

EXERCISES:

1. KNEE UPS: Use a chair and raise Rt foot up beside the chair and raise opposite hand. Look up to your hand. Repeat on same side 5 times, then do Left knee ups.
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. Wall push ups X10, Mountain climbers on wall X10. Use a door if you don't have good wall space.
4. Fast Feet standing or 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.
6. 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.
7. 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.

8. 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. Breathe in through your nose and blow it out through your mouth emptying your lungs.
9. 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