

## U-ExCEL Workout of the Week #8

**Warm-Up:** Marching, High Knees, Butt Kicks, Side Steps, Arm Circles, Shoulder Rolls, or any creative way to get your body warmed up!

### Ways to Mix up Your Weekly Workout Routine

Each class will have 10 exercises listed for the whole week. Switch up your routine daily with the examples below to prevent boredom:

**Day 1:** Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)

**Day 2:** Time - 1 Minute for each exercise (repeat 2x for a longer workout)

**Day 3:** Word Scramble Workout (see attached PDF)

**Day 4:** 2 sets, 10 repetitions for each exercise

**Day 5:** Circuit (3x 45 seconds for each exercise)

**Embrace uncertainty. Some of the most beautiful chapters in our lives won't have a title until much later.**

Bob Goff  
Author

### Fitness Tip Week #8

**Tai Chi** – Tai chi is an ancient Chinese martial art that descends from Qi Gong, being described as meditation in motion. Tai chi is a slow and gentle exercise that is believed to clear the mind and reduce stress, while offering benefits of flexibility, mobility, and endurance training. Add Tai chi into your daily routine to help improve balance and increase strength!

Check out this mix of Tai Chi & Qi Gong video below:

[https://www.youtube.com/watch?time\\_continue=1075&v=pa\\_I5NAOW4k&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1075&v=pa_I5NAOW4k&feature=emb_logo)

*\*Remember to listen to your body. Video offers both standing and seated Tai Chi\**



**Cool Down:**  
All stretches can be performed standing or sitting

### Strength & Balance, Circuit, Fusion

- 1) Sumo Squat + Press
- 2) Arnold Press
- 3) Side Shuffle or Step
- 4) Weight Swing
- 5) Jumping Jacks
- 6) Squat + Butt Kick
- 7) Opposite Elbow to Knee + Overhead Press
- 8) Alternating Front Kicks
- 9) Rocking Horse Balance
- 10) Tree Pose Balance Stance

### Sit & Fit

- 1) Deadlift + Curl + Press
- 2) Wood Chop
- 3) Seated Scissors
- 4) Reverse Curl
- 5) Seated Jumping Jack + Press
- 6) Lateral Raises
- 7) Seated Bicycles
- 8) Seated Leg Extension
- 9) Single Leg Deadlift
- 10) Tandem Balance Stance + Arm Reach

### Core Dynamics

- 1) Hip Bridge + Alternating Heel Tap
- 2) Opposite Elbow to Knee Crunch
- 3) Hands + Knees Shoulder Taps
- 4) Side Leg Raise on Hands + Knees
- 5) Bicycle Crunch
- 6) Reverse Crunch (legs @ 90 degrees)
- 7) Flutter Kicks
- 8) Oblique Crunch
- 9) Open + Close + Leg Raise
- 10) Frog Crunch

### Contact Information:

Fitness Specialist  
Hannah LeBlanc  
[Hleblanc2@une.edu](mailto:Hleblanc2@une.edu)  
508-423-9865