

U-ExCEL Workout of the Week #14

Warm-Up: Ankle Circles, Wrist Circles, Marching + Alternating Arm Reaches, Hip Circles, Head Circles, Shoulder Rolls, or any other creative way to warm up your body!

Strength & Balance/Circuit/Fusion

- 1) Weight Swing
- 2) Curtsey Lunge + Lateral Raise
- 3) Opposite Hand to Heel (arms extended)
- 4) Single Leg Calf Raise (holding weights)
- 5) Jumping Jacks
- 6) Bicep Curl + Cross Punch
- 7) Reverse Lunge + Tricep Extension
- 8) Marching + Head Turns
- 9) Side Leg Raise Hold
- 10) Single Leg Deadlift

Sit & Fit

- 1) Sit to Stands
- 2) Heel Drag
- 3) Seated Knee Tucks (right + left)
- 4) Overhead Press (right, left, right, left)
- 5) Cross Country Ski
- 6) Row Boat
- 7) Seated Leg Extension (holding weight)
- 8) Opposite Hand to Foot (holding weight)
- 9) Step Back + Knee Raise
- 10) Flamingo Balance Stance

Core Dynamics

- 1) Hip Bridge + Knee Opener
- 2) Cross Crunch (opposite elbow to knee)
- 3) Toe Touches
- 4) Hold 6 Inches Off the Ground
- 5) Bicycle Kicks
- 6) Clamshell
- 7) Inner Thigh Leg Lift
- 8) Dying Bug
- 9) Fire Hydrants + Leg Kickback
- 10) Open + Close

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:

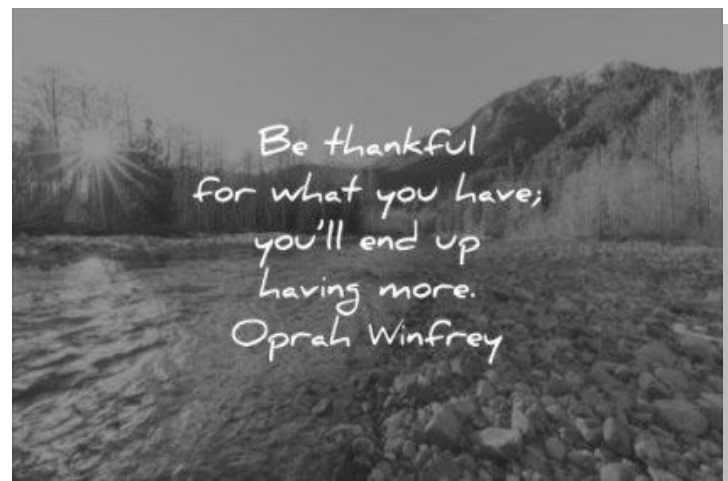
Day 1: Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)

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

Day 3: Increase Repetitions, Decrease Weight

Day 4: Circuit (4x 30 seconds for each exercise)

Day 5: Dice Workout (see attached PDF)

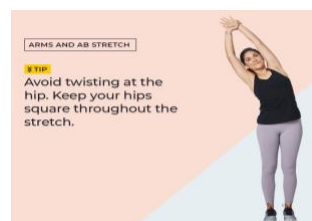


Fitness Tip of the Week #14

Power of the Outdoors during COVID-19 - The best way to de-stress during this time is by getting outside. Getting outside has more to offer than just a change of scenery. Exposure to nature and the outdoors has shown to be associated with better overall health and well-being. It boosts your physical and mental health, reduces stress levels and even increase your energy. Make the most of it, and get outside!

Cool Down: Arms & Abs Stretch & Hamstring Stretch

*As an alternative to standing, sit and perform both stretches



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