

WORKOUT @ HOME

Workout @ Home Program

Workout #4 – Cardio Core Workout

Prepared for you by Tanya, Wellness Program Coordinator

Consult your healthcare professional before beginning any exercise program. The TLC is not responsible or liable for any injuries sustained while using the content provided. Have fun and be safe!

Repeat this sequence as prescribed for two or three rounds. On alternate days focus on strength training.

Equipment/Space Requirements

This workout requires little space and no equipment. A timer would be helpful but is not necessary.

Warm-up

Warm up your muscles for at least five minutes with dynamic movements like jumping jacks, running on the spot, stationary marches, butt kicks, side to side steps or hops, arm circles, etc.



Burpees

- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your side. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Jump your feet back to your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat. Repeat.

Modifications: Move into a plank position by stepping, rather than jumping, your feet behind you and eliminate the jump at the top.

Prescription: 1 minute timed.

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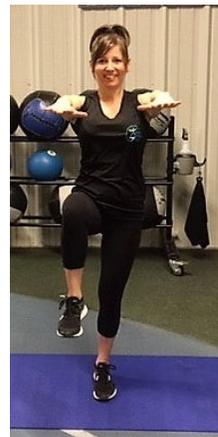


Bicycle Crunches

- Lie flat on the floor with your lower back pressed to the ground and place your hands behind your head. Bring your knees in towards your chest and lift your shoulder blades off the ground, but be sure not to pull on your neck. Straighten your right leg to the ground while turning your right elbow towards the left knee. Now switch sides and do the same motion on the other side to complete one rep.

Modifications: Seated in chair, bring elbow to opposite knee and return to sitting, repeat on other side for one rep.

Prescription: 1 minute timed.



High Knees

- From a standing start, with your arms held out in front of you at shoulder height, start running on the spot as fast as you can by lifting your knees up to waist height for each stride. Stay up on your toes and keep your back upright and straight, avoid leaning backwards and keep your arms as still as possible.

Modifications: March in place by bringing one knee up at a time.

Prescription: 1 minute timed



Dead Bug

- Lay face up on your mat with your arms in the air above your torso and your legs in the air with your knees bent at 90-degree angle. Lower opposite arm and leg toward the floor in a slow and controlled fashion. Return to center and then repeat on the other side.

Modifications: Lie on your back with your knees bent and your feet flat on the floor. Tighten your core and raise both arms up halfway overhead. Bring either leg up while the opposite arm meets that knee. Keep your core tight as you come back to the starting position. Alternate sides

Prescription: 1 minute timed.

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Jumping Jacks

- Begin by standing with your legs straight and your arms to your sides. Jump up and spread your feet apart while bringing your arms above your head, nearly touching. Jump again, lowering your arms and bringing your legs together. Return to your starting position.

Modifications: Start standing with your legs straight and your arms at your sides. Step your right foot to the side and bring your right arm up and over your head and return. Repeat on the left side with left arm up over your head. Step out to the side instead of jumping.

Prescription: 1 minute timed.



Leg Lifts

- Lie on your back, legs straight and together. Keep your legs straight and lift them all the way up to the ceiling until your butt comes off the floor. Slowly lower your legs back down till they're just above the floor. Hold for a moment. Raise your legs back up. Repeat.

Modifications: Lie on your back, keep knees bent. Straighten out right leg to floor and return to start position followed by left side. Repeat.

Prescription: 1 minute timed.



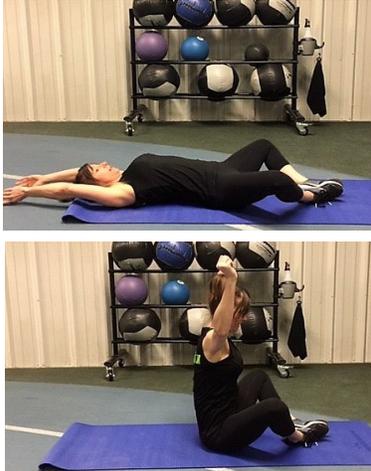
Hop Squats

- Start in a squat with your feet set slightly wider than your hips and your hands clasped loosely at your chest. Maintain the posture of the squat as you hop your feet off the ground a few inches. Land softly on the ground and deepen the squat, keeping your weight on your heels.

Modification: Omit the hop. Stand facing forward with your chest up. Place your feet shoulder-width apart or slightly wider. Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair. Squat down as low as you can, keeping your head and chest lifted.

Prescription: 1 minute timed.

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Butterfly Sit ups

- Lie face up on the mat, with your arms extended past your head. Bend your knees and have the soles of your feet facing one another so you make a diamond shape. Crunch your abs to a sitting position as you reach forward with both hands to your feet. Slowly lower back to starting position.

Modification: Lie on your back with your knees bent to 90 degrees and feet flat on the floor. Place your hands on your thighs by your hips. Tighten your abs and raise your torso until your hand touch your knees pause and return to the floor.

Prescription: 1 minute timed.

Cool-down

It is important to also allow the body to cool down after a workout. You could choose foam rolling or stretching gently. Here is an example from Active 4 Living! <https://www.centre4activeliving.ca/news/2020/04/flexibility-exercises/>

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