

WORKOUT @ HOME

Workout @ Home Program

Workout #6 – Use What You Have @ Home 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, 10-15 reps for each exercise, for as many rounds as possible in 30 minutes. Between each exercise get your heart rate up by adding one minute of jumping jacks, high knees, or running stairs.

Equipment/Space Requirements

This workout requires two milk jugs filled with water (lids tight), two soup cans, two sturdy chairs and a broom!

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.



Back Squats

- Load broomstick with a jug placed on either side securely with appropriate amount of water (weight) Start standing, feet straight and shoulder-width apart. Engage buttocks, spine straight, shoulders back and belly tight. Lower down and drive knees out and keep spine as straight as possible until you reach your full depth. Slowly rise keeping the spine neutral, knees out, shoulders, back and belly tight.

Modifications: Slide fingers to top of knees and slowly return to standing or using a chair to stand up from. Omit water jugs if needed.

Prescription: 10-15 reps

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Bicep Curl with Cans

- In a standing position, hold backpack by the straps with both hands. Start with arms fully extended by your waist, slowly curl backpack up until it reaches shoulders. Pause and slowly open up arms to starting position and repeat.

Modifications: Sit in a stable chair, arms to each side omitting the weight. Slowly curl each arm up to the shoulder and then fully extend.

Prescription: 10-15 reps



Crunches with Broom

- Lying on your back with your knees bent, feet on the floor, place broom straight above your head arms extended. Lift your chin to the ceiling. Tighten your abdominal muscles and use these muscles to slowly elevate your shoulders off of the floor and slowly lower back to starting position.



Modifications: Lying on your back with your lower legs resting comfortably on a chair, place your fingers gently behind your head and lift your chin to the ceiling. Tighten your abdominal muscles and use these muscles to slowly elevate your shoulders off of the floor and slowly lower back to starting position. Omit broom.

Prescription: 10-15 reps



Swings with Jug

- Stand with your legs shoulder-width distance apart and toes pointed slightly outward, holding the water jug in both hands. Bend your knees slightly, pushing your hips back, lowering the weight between your legs with your forearms pressing against your inner thighs. Keep your chest open with shoulder blades sliding down your back. Forcefully squeeze your glutes and drive your heels down to thrust the weight forward as you straighten your legs. All the work is done by your lower body and core in this exercise, and your arms will naturally swing forward to around chest height or above your head. Allow the jug to fall between your legs, bending your knees, ready for the next rep.

Modifications: Perform movement as described without jug.

Prescription: 10-15 reps

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Pull-up

- Place broom securely between two sturdy chairs. Sit underneath the bar and grab it slightly wider than shoulder width. Lean back and cross legs. Slowly draw chest towards the bar bending at the elbows, lifting your buttocks off the ground. Pause once you reach the bar and slowly extend arms and return to seated.

Modification. Pushups on the counter. Place hands on the counter, making sure elbows are tight at your sides. Slowly lower until you are approximately one inch from the counter. Pause and slowly and fully extend arms and repeat.

Prescription: 10-15 reps

Reverse Fly with cans

- Stand with feet hip width apart and hold the cans straight down by your thighs. Hinge slightly at the hip into a flat back position. Turn your palms toward each other. Slowly raise them up to your sides, then slowly lower back down and repeat. Keep a slight bend in your elbows throughout the exercise and squeeze your shoulder blades together at the top of the movement.

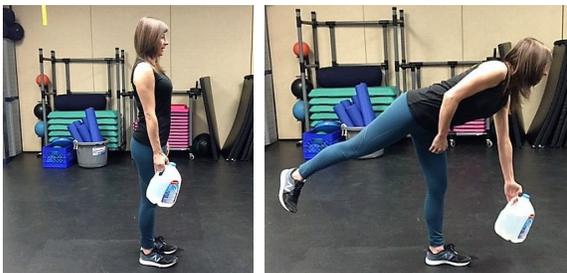


Modifications: Sit on a chair and hold the cans straight down by your thighs. Turn your palms toward each other. Place your feet hip-width apart. Lean forward until your chest is directly over the top of your thighs. Raise arms parallel to the floor, then slowly lower back down and repeat. Keep a slight bend in your elbows throughout the exercise and squeeze your shoulder blades together at the top of the movement.

Prescription: 10-15 reps

One-legged Deadlift with Jug

- Hold the water jug hanging to one side and stand on that one leg. Slowly start leaning forward, lowering the water jug to the ground until you are parallel to the ground and extend the opposite leg behind you. Pause and then return to the upright position. Switch sides.



Modifications: Perform without weight. Lower your torso only as far as gives a mild stretch to the hamstrings. Bend your supporting knee more if you don't have enough flexibility to bend far enough. Have a chair or counter at your side to help with balance.

Prescription: 10-15 reps

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Farmer's Carry with Jugs

- Stand with feet hip-width apart between two water jugs. Hinge at the hips and knees with a flat back to bend down and grab the handles. Brace core and extend hips and knees to stand, with arms long and weights by sides. Draw shoulders down and back and stand tall to start. Walk forward, taking small steps and moving weights as little as possible. Walk 50 steps.

Modification: Use can for lighter weights. Reduce number of steps.

Prescription 3 reps

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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