

Stay Fit, Stay Healthy! At-Home Workouts

From your TFN Parks and Recreation Team

"Full Body Mix" Workout Routine: Week 4

Equipment Needed:

1. Two 4L Water Jugs with handles (full of water or sand)
2. Broomstick
3. Small cooler with handle (or similar object)

Dynamic Movements: (1 minute each)

Exercise 1. Jumping Jacks:



Stand upright with your legs together, arms at your sides. Bend your knees slightly and jump into the air



As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head



Jump back to starting position. Repeat.

Exercise 2. Karaoke:



Cross your right foot over and in front of your left foot with your arms out to your sides



Step open and out to the side with your left foot. Cross your right foot behind your left foot.



Continue moving laterally then repeat the movement in the opposite direction.

Workouts: (10-20 reps of each exercise. Repeat this circuit 3 times)

Exercise 3. Bicep Curls:



Stand tall with your chest up and core braced. Hold the bar with your hands just outside your hips, using an underhand grip.



Keep your chest up and elbows tight to your sides, then lift the bar up to shoulder height and pause for 1 second.



Slowly lower the bar and ensure that you straighten your arms fully for your biceps to be worked through the fullest possible range of motion. Repeat the movement.

Exercise 4. Overhead Triceps Extension:



Grab the bar and stand with it held over your head in both hands. Hands very close together and palms facing forward



Bend your elbows to slowly lower the bar behind your head, keeping your upper arms stationary



Once your elbows hit 90-degrees, pause, then return to the starting position. Repeat

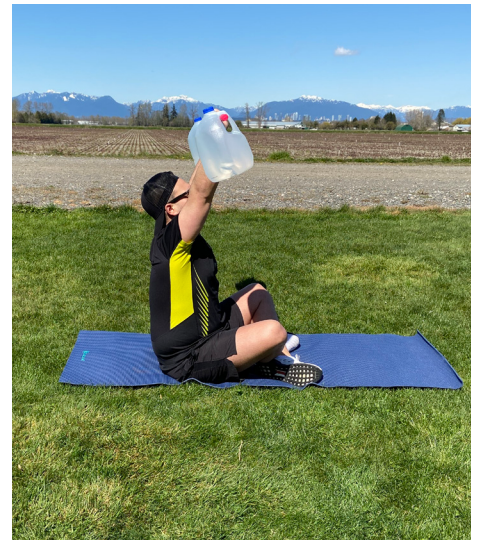
Exercise 5. Seated Shoulder Press:



Grip the bar with your palms facing away from you, slightly beyond shoulder width



Tighten your core and maintain an upright position, then drive the bar upward



Slowly lower the bar back down to your collarbone. Repeat movement

Exercise 6. Bent-Over Row:



Bring the object up to your chest, concentrating on lifting it with your back and shoulder muscles. Keep your chest still as you lift.



At the top of the movement, squeeze your shoulder and back muscles



Lower the object slowly until your arm is fully extended again. Do all your reps on one arm before switching to the other side

Exercise 7. Push-Ups



Position your body with your arms straight out, abs tight, holding your body in a plank position. Hands and arms should be positioned slightly below your shoulders, fingers pointed forwards. Shoulders are pushed down away from your ears



Lower your body until your chest is an inch or two above the floor, elbows pulling back at roughly a 45 degree angle.

Push your torso away from the ground until your arms lock, then repeat



Try the modified version above if the standard version is too difficult.

Exercise 8. Squat Jacks:



Standing with your feet close together and your hands clasped behind your head, push your hips back to get into a half-squat position



Jump your feet out to the sides, maintaining the squat position. Quickly jump your feet back to the starting position

Exercise 9. Jump Lunges:



Prepare to jump by bending your knees and sinking down into a deep lunge. Lean slightly forward and contract your core muscles. Sink your weight down and then explosively drive both feet into the floor and launch your body upward, fully extending your knees and hips.



As you jump into the air, switch the positions of your feet and arms.



Attempt to land softly on your forward mid-foot. Keep your hips back and allow your hips and knees to bend deeply to absorb the landing. Try not to lock your knees. Repeat the movement

Static Stretches: (hold for 30 seconds each)

Exercise 11. Figure-Four Stretch:



Lie on your back with knees bent and feet pressed into the ground. Cross your left ankle over your right knee, and then reach your hands around your right thigh



Pull your right thigh towards you. You may choose to keep your upper body on the floor or raise it off the ground if you prefer. Hold, then repeat on the other side

Exercise 12. Standing Quadricep Pull:



Stand on one leg. If you need support, hold onto something solid, such as a wall or chair, or try sticking your arm straight up into the air as in the picture above



Bend your right knee and bring your heel toward your buttock. Reach for your ankle with your opposite (left) hand. Breathe deeply and hold the stretch for 30 seconds, release and repeat on the left leg

You're finished! Keep practicing these exercises daily and keep active during the COVID-19 quarantine. Don't forget to drink plenty of water during and after your workout. Practice Physical Health along with your Physical Distancing! And have fun!

Bonus Exercise. Baby Squats:



Do 3 steps of Baby Squats. Protip*: Babies can make great weights too!

* This protip is not to be taken seriously, but don't forget to have fun with your workouts!

Big thanks to Sheila (and her beautiful daughter) for their help with this week's workout!