

TFN AT-HOME WORKOUTS: WEEK 5

From your TFN Parks and Recreation Team: "Power Hour" Workout

Equipment Needed:

1. Broomstick (or bar of similar length)
2. Two 4L Water jugs with handles (full)
3. Backpack
4. Bucket
5. Two dumbbells of equal weight (optional)

WARM UP: (5-10 MINUTES)

WALK/JOG:

Walk or jog gradually on the spot or in your yard for 5-10 minutes to get your blood pumping and muscles warm.

Warming up before a workout will loosen joints for more flexibility, boost performance, and reduce chances of injury.

Workouts: (10-20 reps each exercise. Repeat 3 sets of each exercise before moving onto the next one)

LATERAL BOUNDS



Leap to the side off one leg and land on your opposite leg. Switch back to the leg you originally bounded from and repeat.



Shift the weight to one leg as you sink into ground. Drive out laterally, working to get full extension.



Absorb the landing and control your center of mass as quickly as possible.

BACK EXTENSIONS



Bend your knees slightly and secure your feet, keeping them in line with your knees



Extend your arms, shoulders, spine, and hips toward the floor, keeping them in line while doing so



Exhale and move body up to starting position. Repeat. Try to engage your core while performing this exercise

FRONT RAISES



Attach water jugs on each end of the bar using jug handles. With your feet shoulder-width apart, position your hands shoulder-width apart on the bar and bring the bar to the front of your thighs



Lift slowly under control until the barbell reaches shoulder height. Slowly lower back to the start. Repeat

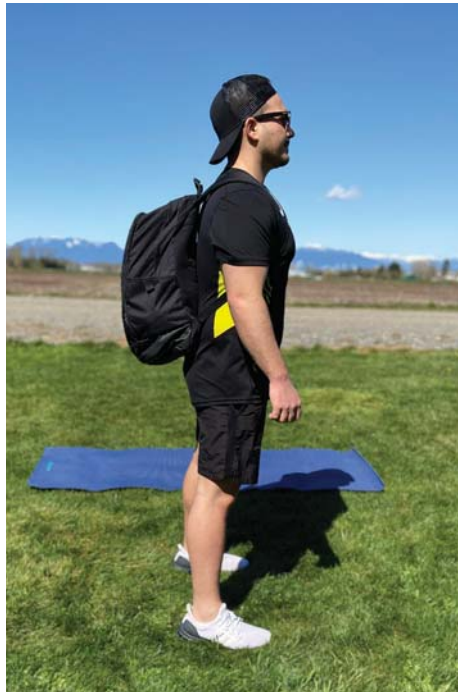


Try this exercise seated as shown above if you're looking to engage and work your core more

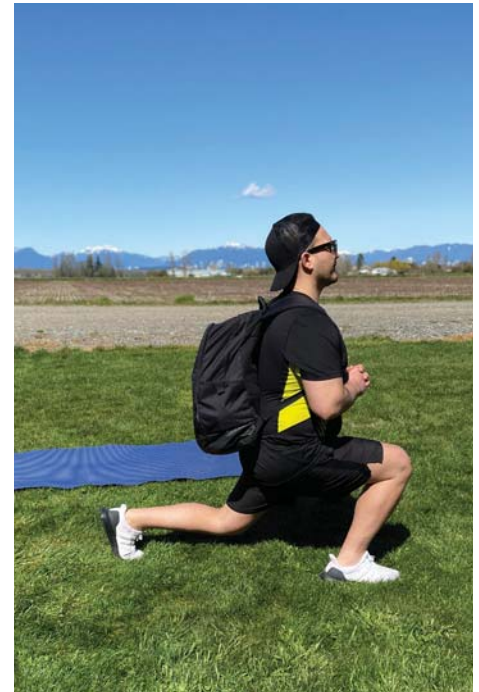
BACKPACK LUNGES



Fill backpack with appropriate amount of weight then zip shut and wear securely on your back.



Feet hip-width apart. Take a big step forward and start to shift your weight forward so heel hits the floor first.



Lower your body until forward thigh is parallel to the floor and forward shin is vertical. Press into forward heel to drive back up to starting position. Repeat on other side.

DUMBBELL/WATER JUG CHEST PRESS



Hold the weighted object of choice in position on your thighs and tighten the muscles of your arms, shoulders, upper back and core to roll yourself onto your back flat against the ground.



Weighted objects should be supported by wrists and forearms. The shoulder blades are to be retracted back and down. Your frame should be flat against the ground, including triceps and elbows. Arms angled and feet crossed. Do not flare shoulders.



Press weighted objects up to lock out, and then lower the elbows slowly to the floor. Repeat.



DECLINE PUSH-UP



Elevate your feet (on stairs, a solid box, folding chair, etc.). Hands flat on a solid surface, but you may use push-up handles or blocks to grip. Begin in lockout position. Back and neck straight. Do not flare out shoulders, they should be angled.

Lower your chest to the ground (or as close as you can) slowly to utilize negative motion. Retract the shoulder blades back and down. This exercise will focus on the upper (clavicular) portion of the chest.

Press yourself back to the starting position faster than you did lowering yourself down. Repeat.

SUMO DEADLIFT



Place weighted object on the ground as shown in the above photos. Legs and feet spread out (feet pointing outward in a 45-degree angle). Back and neck straight, but the hips and knees should hinge to allow for you to bend down and grab hold of one end of the weighted object. This exercise will focus on legs, and the posterior chain.

As you rise with the object, your arms straight (no bend in the elbow). Hinge your hips back towards a neutral lockout position (don't hyper-extend or hitch). Your knees should reach a lockout position at the same time as your hips. Return to starting position slowly to utilize the negative return motion. Repeat.

STATIC COOL DOWN STRETCHES: (HOLD FOR 30 SECONDS EACH SIDE)

SITTING HAMSTRING REACH



Sit on the ground with one leg out straight.



Bend other leg at the knee and position the sole of that foot against your opposite inner thigh.



Extend your arm and reach forward over the straight leg by bending at the waist as far as possible and hold for up to 30 seconds. Repeat with opposite leg.

LUNGING HAMSTRING REACH



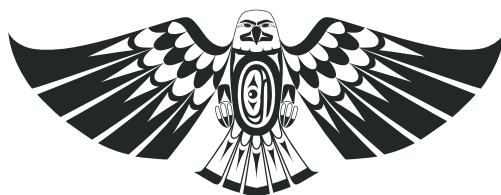
Start in a lunge position with right leg forward, left heel lifted.



Place palms on right thigh and hold. Repeat with opposite 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!



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