



TFN AT-HOME WORKOUTS: WEEK 6

From your TFN Parks and Recreation Team: Beat the Heat Core Workout

Equipment Needed:

1. Chair or Bench

DYNAMIC 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.

Exercises: (Complete circuit 3 times, 10-20 reps each exercise)

LEG RAISE CRUNCHES



Lie flat on back with hands by your sides, legs extended out with heels lifted about six inches off the floor, toes pointed.



Bend and draw your knees into chest and raise hips slightly off the floor. Slowly lower back to the start position. Repeat.

SIT-UPS



Begin by lying down on your back, knees bent and feet flat on the floor. Cross your arms across your chest.



Squeeze your abs and lift your trunk directly toward the ceiling, far enough so your shoulders come off the ground. Hold this position for 1-2 seconds, then return slowly to the starting position. Repeat.

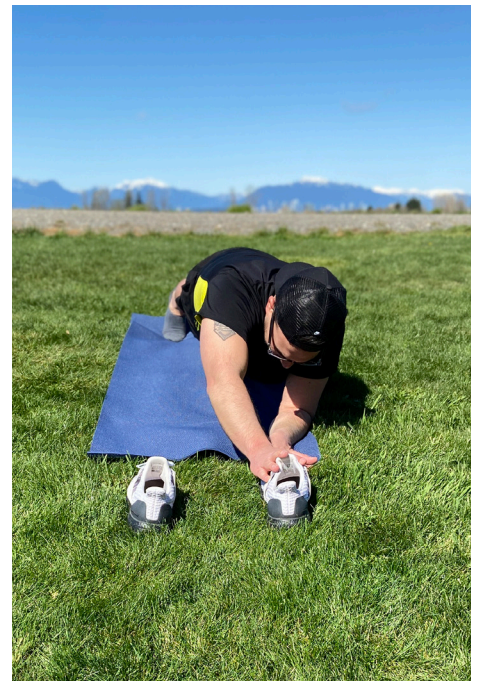
ALTERNATING HAND PLANKS



Get into plank position; rest your weight on your forearms



Push up onto your right hand until your right arm is straight. Push up onto your left hand until your left arm is straight.



Lower back down onto your right forearms, then your left forearm. Repeat. (try not to allow your hips to move as you lift and lower.)

MOUNTAIN CLIMBERS



Start in a push-up position with arms completely straight and directly beneath shoulders. Your body should form a straight line from shoulders to ankles.



Squeeze abs, lift one foot off the floor and bring knee up towards chest while keeping body in as straight of a line as possible.



Pause for 1 second, then return to the starting position and repeat the movement with the opposite leg.

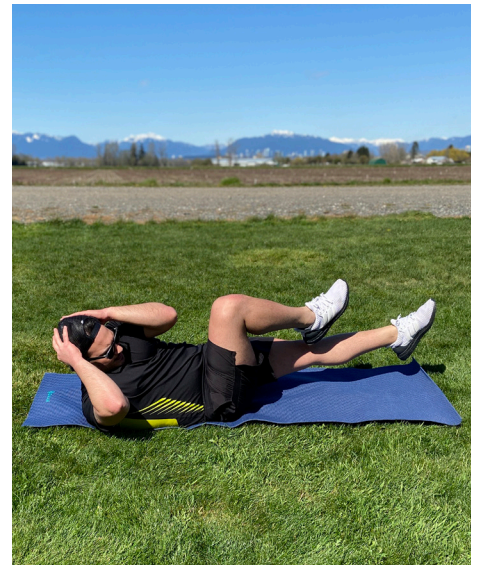
BICYCLE CRUNCHES



Lie flat on the ground. Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the ground.



Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left knee. Be sure to move your rib cage and not just your elbows.



Rotate to other side and repeat.

BULGARIAN SPLIT SQUATS



Stand with feet shoulder width apart. Step forward with your front leg and plant your foot flat on the ground. Engage your core.



Raise the heel of your back foot so that only your toes are touching the floor with shoelaces facing down. Both your hips and back should be straight.



Repeat 10-20 reps, then switch legs and do the same.

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

STANDING QUADRICEP PULL



Stand on one leg. If you need support, hold onto something solid such as a wall or chair. 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 opposite leg.

STANDING HAMSTRING STRETCH (WITH CHAIR)



Place one leg on the bench. Stand tall and move your shoulders down.



Slightly bend your standing leg and hinge at the waist. Once you feel a stretch behind your lifted thigh, stop and hold this position for the recommended time.

STANDING SIDE-BEND



Stand with your big toes nearly touching and your heels about 1 inch apart, hold your fingers overhead and point to the ceiling. Rotate your arms inward so your biceps face your ears. Press down into the heels and balls of your feet.



Make your body as tall as possible, then lean to the right with your upper body, hips lightly pressing in the opposite direction. Hold the posture, inhale as you get taller, and exhale as you bend deeper. Repeat on the opposite side.

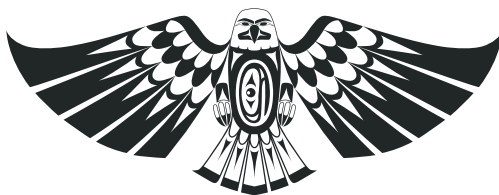
STANDING FORWARD BEND



Stand with your feet together. Bend your knees slightly and fold your torso over your legs, moving from the hips. Place your hands next to your feet or on the ground in front of you.

Inhale and extend your chest to lengthen your spine. Exhale and gently press both legs toward straight. Lift the kneecaps and gently spiral your upper, inner thighs back. Keep your legs straight without hyperextending.

You're finished! Big thanks to Robin for sharing her split squats and her fun and effective cool down stretching routine with us! 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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