



TFN AT-HOME WORKOUTS: WEEK 8

From your TFN Parks and Recreation Team: Fit to the Core Workout A Legs, Shoulders and Abs Workout

Equipment Needed:

1. Resistance Band (A resistance band is a special elastic band used for strength training)
2. Broomstick (or bar of similar length)
3. Two 4L Water Jugs with handles (full)
4. Backpack (with weighted objects inside)

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.

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

1. JUMPING LUNGE



1. 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.
2. As you jump into the air, switch the positions of your feet and arms.
3. 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.

2. MOUNTAIN CLIMBER



1. 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.
2. Contract abs, lift one foot off the floor and bring knee up towards chest while keeping body in as straight of a line as possible.
3. Pause for 1 second, then return to the starting position and repeat the movement with the opposite leg.



3. LATERAL RAISE



1. Step onto the middle of the resistance band with both feet placed close together. Contract your abs and avoid arching your back. Slowly raise your arms up from the sides of your body, maintain a slight bend in the elbows throughout the exercise.
2. Once your arms reach parallel with the floor, pause, feel the contraction, then slowly lower back down. Repeat.

4. UPRIGHT BARBELL ROW



1. Grasp a barbell and allow it to hang in front of you at the length of your arms. Your palms should be facing your body. Standing up straight, adjust your grip so that your hands are about in line with the thighs. Shoulder-width apart (no closer) is recommended for wrist and shoulder safety.
2. Breathe in, keep the back straight, chest up, and eyes focused forward. Lift the barbell straight up toward the chin, leading with the elbows and keeping the bar close to the body. Exhale during the lift.
3. Pause at the top of the lift. Return the barbell back to the starting position, breathing in as you lower it. Repeat.

4. BACKPACK SQUAT



1. Fill backpack with appropriate amount of weight (water jugs work great) then zip shut and wear securely on your back.
2. Set your feet shoulder-width apart, toes slightly turned out. Slowly bend the knees and drop your hips to lower your body. Keep your heels flat.
3. At the bottom of the exercise, pause for a moment and strongly push back up to the starting position. Repeat.

6. PLANK



Get in a push-up position but place your forearms on the ground instead of your hands. Both elbows should line up directly underneath your shoulders. Toes on the ground. Squeeze your glutes and contract your abs. Keep a neutral neck and spine. Create a straight line from head to toes (like a plank). Hold that position.

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

STANDING HAMSTRING REACH



1. Reach down as far as you can without feeling any strain. Keep your legs as straight as possible.
2. Stretch each hamstring.
3. Hold each position for 30 seconds each.

FIGURE 4 STRETCH



1. 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.
2. 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.

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!



scəw'aθən məsteyəx^w

TSAWWASSEN FIRST NATION