

## **Workout # 1:**

### **Warm up**

Cardio warm: twice

- 1min jog on the spot
- 1min jumping jacks
- 30sec quick high knees
- 30sec quick butt kicks

Then

- 10 arm push out/pull in
- 10 arm push up/pull downs
- 10-15 hug swings
- 10-15sec arm rotations, each direction

### **Workout**

Pyramid style — Rep Counts 5, 10, 15, 20, 25, 30, 25, 20, 15, 10, 5. Do set for each exercise before moving to next count, i.e. 5, 5, 5, 5, 5, R, 10, 10, 10, 10, 10, R... etc. Rest as necessary between but no longer than 2 mins

- Push Up
- Plank Crunch (go into high plank with a towel under your toes, slide feet towards your chest)
- Glute Bridge
  - add weight on top of thighs/pelvis
- Wall Arm Slides
  - Stand with your back flat against a wall with arms straight up. lower elbows to shoulder height with back of hands against wall. fill a water bottle for each hand or hold a can for added difficulty. These are smaller muscles so you will feel a burn sooner than you think
- Frontal Lateral Raises
  - Standing tall and holding a weight/water bottle/can in each hand raise arms out in front to shoulder height+width, pause, then open arms wide to make a T shape, pause, lower arms to sides. Raise arms up from sides to T shape, pause, close arms to shoulder width, pause, lower arms. Each lift counts for 1

For added challenge

- do push ups with your feet raised on a chair or the couch.
- load a backpack with weight to wear. Make sure it is secure well to your back

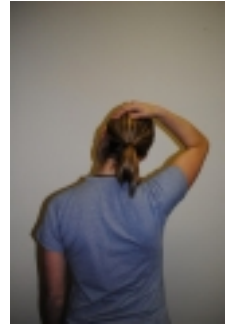
### **Core**

50 of each. Break that down however you feel, i.e. 50 at once, sets of 10, sets of 25, etc.

- V-Sits
- Bicycles
- Scissor Kicks
- Flutter Kicks
- Penguins

### Cool Down

3x inhaling bring arms above head, exhaling forward fold to touch toes  
20-30sec/stretch (about 3-5 breaths)



## **Workout # 2:**

### **Warm up**

Cardio warm: twice

- 1min jog on the spot
- 1min jumping jacks
- 30sec quick high knees
- 30sec quick butt kicks

Then

- 20sec leg swings front to back each leg
- 20sec leg swings side to side each leg
- 5 squats
- 5 lunges per side

### **Workout**

(40 second on, 20 seconds off x 3) x3 — Round#1 Exercise1 40,20,40,20,40,20 — E2  
40,20,40,20,40,20 — E3 — E4 — E5 — 2 Mins Rest — Round#2 E1, E2, ... Total Time 45 Mins

- Wall Sit
- Squat
- Lunge and Twist
  - Keeping chest up and elbows raise to shoulder height, twist so opposite elbow is above front knee
- Mountain Climbers
- Calf Raises
  - hold table/wall for balance if needed

For added challenge:

- find a weight (dumbbell, water jug, pet, child, etc.) to hold or load a backpack with weight to wear. Make sure it is secure well to your back

### **Core**

25reps x2sets

- Plank Crunch — Hold low plank, bring right knee to right elbow and back, then left knee to left elbow and back. 25/side
- Crunch Kicks — hold top of crunch with legs flat out straight but raised off ground, bring knees towards chest and back out
- Pulse Ups — lay on ground with legs straight up in the air, lift pelvis off ground then back down
- High Plank w/ Shoulder Tap

### Cool Down

3x inhaling bring arms above head, exhaling forward fold to touch toes  
20-30sec/stretch (about 3-5 breaths)



### **Workout # 3:**

#### **Warm up**

Cardio warm: twice

- 1min jog on the spot
- 1min jumping jacks
- 30s quick high knees
- 30s quick buttkicks

Then

- 10 arm push out/pull in
- 10 arm push up/pull downs
- 10-15 hug swings
- 10-15s arm rotations, each direction
- 20s leg swings front to back each leg
- 20s leg swings side to side each leg
- 5 squats
- 5 lunges per side

#### **Workout**

5 sets x 15, 20 or 25 Reps for each exercise — go through each exercise then 1 min break

Choose 3 exercises from Workout #1 and 3 from Workout #2

Choose a different 3 each time you do this workout

#### **Core**

30 sec each then 45 sec rest x2

- Leg Raises
- Windshield Wipers — hold legs straight up, then slowly lower to one side without letting your feet touch the floor, raise back to centre and then to the other side
- Russian Twists
- Star Plank — high plank with hands and feet spread. Maintain a solid core with hips inline with shoulders and ankles
- Crunches

#### **Cool Down**

3x inhaling bring arms above head, exhaling forward fold to touch toes  
20-30sec/stretch (about 3-5 breaths)

All stretches from other workouts

## **Workout # 4**

Find a Yoga video online

<https://www.youtube.com/user/lululemon> is a good place to start

Have questions? Email FSR Coordinator Matthew Tibbles at [tibbles.matthew@cfmws.com](mailto:tibbles.matthew@cfmws.com)