

U-ExCEL Workout of the Week #11

Strength & Balance, Circuit, Fusion

- 1) Goblet Squat
- 2) Row + Tricep Kickback
- 3) Foot Fires
- 4) Deadlift + Calf Raise
- 5) Cross Punches
- 6) Side Lunge + Curl
- 7) Opposite Elbow to Knee + Butt Kick
- 8) Figure 8
- 9) Side Leg Raise + Back Leg Raise
- 10) Single Leg Deadlift

Sit & Fit

- 1) Heel Tap + Arm Opener
- 2) Bicep Curls
- 3) Twist + Press
- 4) Row Boat (holding weights)
- 5) Chair Lean Back + Crunch + Knee Tuck
- 6) Skaters
- 7) Side Raise + Front Raise
- 8) Cross Country Ski
- 9) Single Leg Shoulder Tap
- 10) Flamingo Balance + Eyes Closed

Core Dynamics

- 1) Leg Press (keep heels together)
- 2) Double Crunch (crunch + heel tap)
- 3) Circles Abs
- 4) Scissor Crunch Variation
- 5) High Plank
- 6) Toe Touches
- 7) Alternating Knee Tuck Seated Position
- 8) Straight Arm Crunch (neutral position)
- 9) Alternating Heel Drag in Hip Bridge Position
- 10) Leg Raises

Warm-Up: Wrist Circles, Arm Circles, Outside of the Foot to Inside, Ankle Circles, Hip Circles, Heel to Toe Taps, or any creative way to warm up your body!

Ways to Mix up Your Weekly Workout Routine

Each class will have 10 exercises listed for the whole week. Switch up your routine daily with the examples below to prevent boredom:

Day 1: Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)

Day 2: Time - 1 Minute for each exercise (repeat 2x for a longer workout)

Day 3: Circuit (3x 10 repetitions for each exercise)

Day 4: Increase weight and decrease repetitions (6-8 repetitions)

Day 5: Spell It out Workout (see attached PDF)



Fitness Tip Week #11

Sleep- As you age, sleep becomes just as important to your physical and emotional health as it was when you were younger. Older adults require 7.5 to 9 hours of sleep per night. However, how you feel in the morning is more important than a specific number of hours. Waking up not feeling rested or feeling tired throughout the day are indicators that you are not getting enough sleep. Check out this link below for tips to a restful night:

<https://www.nia.nih.gov/health/good-nights-sleep>

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