

U-ExCEL Workout of the Week #7

Warm-Up: Ankles circles, Wrist circles, Marching, Hip circles Arm, Circles, Shoulder Rolls, any creative way to get your body moving and ready to go!

Strength & Balance, Circuit, Fusion

- 1) Wide Step Out, Out, Squat, In, In (hold 1 weight)
- 2) Heel Tap + Bicep Curl
- 3) Reverse Lunge + Overhead Press
- 4) Standing Side Bends
- 5) V-Raises
- 6) Forward, Forward, Back, Back
- 7) Row + Tricep Kickback
- 8) Twist + Press
- 9) Tandem Stance Leg Raise
- 10) Staggered Balance Stance

Sit & Fit

- 1) Calf Raise + Sit to Stand
- 2) Tricep Extension (1 weight)
- 3) Lean Back, Crunch + Press
- 4) Cross Country Ski
- 5) Seated Windmills
- 6) Side to Side Knee Tucks
- 7) Alternating Overhead Press
- 8) Reverse Lunges
- 9) Single Leg Push-Ups
- 10) Flamingo Balance Stance

Core Dynamics

- 1) Hip Bridge + Knee Opener
- 2) Inner Thigh Leg Lift
- 3) Toe Touch + Alternating Leg Raise
- 4) Side Leg Circles
- 5) Neutral Position Crunch
- 6) Fire Hydrants
- 7) High Plank
- 8) Full Body Crunch (bring knee towards chest and opposite hand to foot)
- 9) Seated Side Heel Taps
- 10) Cat + Cow

life is
too short
to be
anything
but
Happy

Ways to Mix up Your Weekly Workout Routine

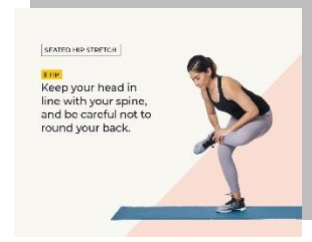
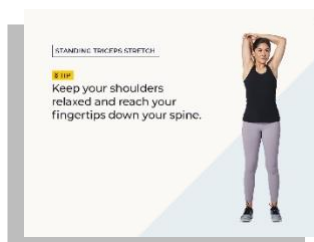
Each class will have 10 exercises listed for the whole week. Switch up your routine daily with the examples below to prevent boredom:

- Day 1:** Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)
- Day 2:** Circuit (4x 30 seconds for each exercise)
- Day 3:** Increase Repetitions, Bodyweight Only
- Day 4:** Time - 1 Minute for each exercise (repeat 2x for a longer workout)
- Day 5:** All Day Mini-Workout (see attached PDF)

Cool Down:

**These stretches can be performed standing or sitting*

- Tricep Stretch
- Upper Back Stretch
- Figure 4 Stretch



Fitness Tip of the Week #7

Healthy Eating Tips during COVID-19

Nutrition – Eating a well-balanced diet provides important nutrients, vitamins, and minerals to keep the body energized, strong, and healthy. Eating well can also help lower risk of chronic illnesses and diseases. To boost your energy levels, and help increase your resistance to illness:

- **Eat Fruits and Vegetables** - They can be fresh, frozen or canned, however, be sure to choose products with the lowest amount of sodium and sugar. Eat fruits such as apples or blueberries and vegetables such as spinach or broccoli to provide your body with high antioxidants.
- **Vary Protein Choices** – Vary up your protein with more fish, beans, and peas.
- **Dairy** - Have three servings of low-fat or fat-free dairy daily (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- **Fat**- Make the fats you eat polyunsaturated and monounsaturated fats.
- **Whole-Grain** - Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Choose whole grains whenever possible!
- **Stay Hydrated** – Drink water, coffee, or tea. Stay away from drinks that contain a lot of sugar.

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