

Fitness Is Fabulous Workout

Presented by Natalie Ross, Beaver Dam Women's Health, LTD

Equipment Recommended

- 2 light dumbbells (3-5 lbs) OR 2 soup cans
- Exercise mat or towel
- Sturdy chair – preferably with arms
- Hand towel or paper plate

Ways to increase or decrease the intensity

- Add weight
- Vary the tempo of the exercise (slow it down)
- “Add or Decrease” a level in the exercises provided
- Combine upper and lower body exercises for a compound movement
- Perform cardio exercises in between upper and lower body sets

Directions:

Complete each exercise in the circuit (30 seconds of work) followed by 30 seconds of rest. There are 3 exercises per circuit.

Perform each circuit once for a 15-minute workout; twice for a 30 minute workout or 3 times for a 45 minute workout.

Circuit #1

Upper Body Exercise: Push Up

Level 1- Wall pushup

Level 2 – Kneeling pushup

Level 3 – Pushup on toe

Form Cues:

Hands should be directly aligned with shoulders

Engage abdominal muscles in all levels of pose

If kneeling or on toes – do not let your back sag. You should be able to balance a glass of wine on your back.

Lower Body Exercise: Squats

Level 1 – Chair squat (sit to stand – starting seated)

Level 2 – Chair squat (start standing)

Level 3 – Squats holding weight

Form Cues:

With all squats, keep weight in your heels. You should be able to look down & see your toes.

Engage abdominal muscles

Cardio Exercise:

Level 1 – March in place

Level 2 – High knee skips

Level 3 – High knee jog

Circuit #2

Upper Body Exercise: Rows

Level 1 – Seated chair rows

Level 2 – Kneeling rows

Level 3 – Plank hold rows

Form cues:

If seated rows - sit on edge of chair, lean forward and engage abdominals

For kneeling and plank rows – keep hips facing downward, do not “rock” side to side, engage abdominals, and flatten back (remember balancing that glass of wine)

Lower Body Exercise: Hamstring Curls or Lunges

Level 1 – Chair hamstring slides

Level 2 – Chair supported single leg reverse lunges

Level 3 – Single leg reverse lunges

Form cues:

Seated hamstring curls – alternate legs, flex feet and “dig” heels into the floor to create resistance as you drag them towards you

For standing lunges – keep weight in front heel as you lunge, you should be able to see your front toes at all time, keep chest upright, the majority of weight should be in your front leg

Cardio: Jumping Jacks

Level 1 – Seated chair jacks

Level 2/Level 3 – Low impact/high impact jumping jacks

Circuit #3

Upper Body Exercise: Shoulders

- Level 1 – Overhead press (no weights)
- Level 2 – Shoulder press with light weights
- Level 3 – Should press with rotation

Form Cues:

Keep weights above shoulder height.

Lower Body Exercise: Inner thighs/calves/glutes

- Level 1: Chair plie squat
- Level 2: Plie squat
- Level 3: Plie squat with calf raise

Form Cues:

Widen stance from traditional squat, turn toes out, keep weight in heels and chest upright

Cardio:

- Level 1 – Speed squats
- Level 2/Level 3 – Jump squats

Form Cues:

See circuit 1 (squats). Do not sacrifice form for speed.

Circuit #4

Upper Body: Biceps

Level 1 – Bicep curls (no weight)

Level 2 – Bicep curls (light weight)

Level 3 – Bicep curls (weights & balance on 1 leg)

Form Cues:

Keep elbows glued to sides as you perform curls

Lower Body: Outer thighs, glutes

Level 1: Seated towel slides

Level 2: Lateral lunges with chair support

Level 3: Lateral lunges with weights

Form cues:

If seated – sit on edge of chair as you perform towel/plate slides

If standing – keep chest up, weight should shift to lunging leg, keep opposite leg straight

Cardio: Plank Jacks

Level 1: Standing

Level 2/Level 3: Plank position

Circuit #5

Upper Body: Triceps

Level 1 – Tricep press seated using arms of chair

Level 2 – Tricep dips using seat of chair (knees bent)

Level 3 – Tricep dips using seat of chair (legs straight)

Form cues:

keep elbows close to body – they should not flair out

Lower Body: Glutes

Level 1 – Standing leg extension

Level 2 – Lying bridges

Level 3 – Pulsing bridges

Form cues:

Standing leg extensions – finger tips on back of chair for balance, squeeze glutes while extending leg

Bridge – keep weight in heels, heels should be directly stacked underneath knees, engage abdominal muscles

Cardio – Lateral shuffle

Level 1 – Side to side steps (3 steps in each direction)

Level 2 – Side steps holding squat (3 steps in each direction)

Level 3 – Side to side shuffle (3 shuffles in each in each direction)