

U-ExCEL Workout of the Week #12

Warm-Up: Marching, Arm Criss Cross, Heel to Toe Taps, Butt Kicks, Leg Swings, Hip Circles, Wrist Circles or any creative way to warm up your body!

Life isn't about waiting
for the storm to pass....
it's about learning
to *dance* in the rain.

— Vivian Greene —

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: TABATA Training (8 rounds of 20 seconds on, 10 seconds rest)

Day 3: Time - 1 Minute for each exercise (repeat 2x for a longer workout)

Day 4: Circuit (3x 20 repetitions for each exercise)

Day 5: Create Your Own Boot Camp Adventure (see attached PDF)

Fitness Tip Week #12

Skin Protection – Warmer weather means spending more time outside in the fresh air. As the sunny season begins, it is especially important to protect your skin against UV rays. Follow the tips below:

- Apply sunscreen any time you plan to head outside, 15-20 minutes before.
- Cover all exposed skin – ears, neck, arm and hands.
- Wear sun-protective clothing in addition to sunscreen, like wearing a hat, long-sleeved shirt, or clothing to the ankles.
- Seek shade when you are outside for long periods of time.

Strength & Balance, Circuit, Fusion

**use a resistance band with each exercise*

- 1) Deadlift + Upright Row
- 2) Lunge + Curl
- 3) Side Step + Press
- 4) Open + Close
- 5) Calf Raise + Press
- 6) Tricep Extension
- 7) Side Bend (keep arms extended above head)
- 8) Open + Close + Single Leg Lift
- 9) Out, Out, Squat, In, In
- 10) Single Leg March

Sit & Fit

- 1) Single Leg Kick (with band)
- 2) Alternating Overhead Press (with band)
- 3) Open + Close (arms 90 degrees, using band)
- 4) Bicep Curls (with band)
- 5) Diagonal Arm Opener
- 6) Seated Flutter Kicks
- 7) Sit to Stands
- 8) Twist + Single Leg March (keep arms extended)
- 9) Standing Heel Tap (opposite hand & heel)
- 10) Single Leg Calf Raise

Core Dynamics

- 1) Cycling
- 2) Hip Bridge + Knee Opener
- 3) Neutral Crunch
- 4) Superman's
- 5) Clamshell
- 6) Side Leg Raises
- 7) Flutter Kicks
- 8) Frog Crunch
- 9) Open + Close
- 10) Donkey Kicks

Contact Information:

Fitness Specialist
Hannah LeBlanc
Hleblanc2@une.edu
508-423-9865