

# CORE EXERCISE DESCRIPTIONS



## WALL SIT

**Weeks 1 and 5**

1. Lean back against the wall with your torso and have your feet shoulder-width apart, about one step away from the wall.
2. Press back and slide down the wall until your thighs are parallel with the ground and back flat against the wall.
3. Your knees should be above your ankles and bent at right-angles.
4. Keep your head, shoulders, and upper back against the wall and hold the position for the time outlined on your BINGO card.

## DEAD BUG

**Weeks 1 and 5**

1. Lie on your back with your arms extended straight over your chest so they are out in front of you. Bend your hips and knees 90-degrees, lifting your feet from the ground. This is the starting position.
2. Engage your core -You want to make sure your spine maintains a neutral position throughout the exercise.
3. Keep your right arm and leg exactly where they are. Slowly reach your left arm backward, over and behind your head toward the floor. At the same time, stretch your left leg straight out toward the floor. Stop the movement just before your arm and leg touch the ground.
4. Reverse the movement and return your left arm and left leg to their starting positions. Move slowly and steadily, exhaling as you go. Repeat the movement for the opposite limbs (right arm and right leg).

**Modifications:** You can try doing opposing limbs for a tougher workout!

## SHIN TOUCHES

**Weeks 2 and 6**

1. Lie flat on your back with arms extended above your head and legs stretched straight out along the floor.
2. Keeping your right arm straight, lift your arm straight up in front of you
3. At the same time, lift your left leg (keep straight) until your right arm and left leg meet and you touch your shin.
4. Return arm and leg to start position and repeat on opposite sides for one complete rep.

## PLANK

**Weeks 2 and 6**

1. Start face down on the floor resting on your forearms and knees.
2. Push off the floor, raising up off your knees onto your toes and resting mainly on your elbows. (Similar to a push-up position but using elbows)
3. Contract your abdominals and your glutes to keep yourself up and prevent your butt from sticking up.
4. Keep your back flat so your body looks like a straight board.
5. Hold this position.

**Modifications:** If you find this difficult, you can try doing an inclined plank (feet on the floor, forearms on a chair) or wall plank (feet one big step back from the wall, and leaning forward so arms rest on the wall).

# CORE EXERCISE DESCRIPTIONS



## STANDING BICYCLE CRUNCH

Weeks 3 and 7

1. Start standing with feet shoulder-width apart.
2. Place your hands lightly on the sides of your head. Be careful not to pull your head with your hands at any point during the exercise.
3. Lift your right leg, bringing your knee towards your chest
4. As you lift your leg, do a twist through your core so the opposite elbow comes towards the raised knee. Focus on moving through your core as you turn your torso.
5. Lower your leg and stand straight back up.
6. Repeat with the opposite side.

## PENGUIN CORE EXERCISE

Weeks 3 and 7

1. Lie on your back with knees bent and hands at your sides. Lift your upper back and shoulder blades slightly off the floor, keeping your neck straight.
2. Bend to the left bringing your left hand to touch your left heel, then switch sides bringing your right hand to your right heel.
3. Keep alternating sides until you complete all your reps.

## SIT-UP

Weeks 4 and 8

1. Start by lying on your back with your knees bent.
2. Put your fingertips on the back of your ears. Do not interlock your fingers behind your head.
3. Lift your torso up as close to your thighs as possible by tightening your core. Try to keep your feet planted and not moving.
4. Lower your torso down to the floor in a controlled manner so you're back in the starting position.

**Modification:** You can substitute crunches or crunch to shin touches.

## SITTING TWIST

Weeks 4 and 8

1. Start by sitting on the floor, with your knees bent and feet flat on the ground. Then lean back so your upper body is at a 45-degree angle to the floor - make sure not to hunch your shoulders over!
2. Link your hands together in front of your chest, then brace your core and raise your legs up off the ground. Rotate your arms all the way over to one side, then do the same in the other direction. Going to each side and back to center is one rep.

**Modification:** Keep your feet on the floor with knees bent.

# CARDIO/WARM-UP EXERCISE DESCRIPTIONS



## HIGH KNEES

**Weeks 1 and 5**

1. Stand with your feet hip-width apart. Lift up your left knee to your chest.
2. Return to a standing position and switch legs lifting your right leg towards your chest.
3. Continue the movement, alternating legs and increasing to a jogging pace if comfortable.

## FROG JUMPS

**Weeks 1 and 5**

1. Stand with your feet wider than shoulder-width apart and slightly pointed out. Your shoulders should be directly over your hips with a neutral head and neck position.
2. Your arms should remain long and hang in front of your legs with a slight bend in your elbows, keeping your chest upright so you look like a sitting frog.
3. Jump into the air, straightening your legs, while keeping your arms long in front of your body.
4. Land from your jump on the balls of your feet and allow your hips and knees to bend softly returning to the starting position.
5. Continue to perform the frog jump for the desired number of repetitions.

**Modification:** Instead of jumping, lift arms above your head and stand up straight onto tip-toes, then return to squatting position.

## JOG ON THE SPOT

**Weeks 2 and 6**

1. Name says it all! Jog on the spot for the desired time.

## INCHWORMS

**Weeks 2 and 6**

1. Begin in a standing position, feet shoulder-width apart.
2. Hinge your body forward and walk your hands out in front of you along the floor in small steps, keeping your feet in place.
3. Continue walking your hands in front of you until you are past the push-up position. Your arms should be slightly above your head and your feet should still be at the starting position.
4. Start walking your feet toward your hands in small steps.
5. Continue inching your body up until your feet meet your palms, then repeat the movement.

# CARDIO/WARM-UP EXERCISE DESCRIPTIONS



## BUTT-KICKS

Weeks 3 and 7

1. Begin by standing with your feet about hip distance apart.
2. Bring your right heel to your buttocks by contracting your hamstring muscle.
3. Place your right foot back on the ground, and slowly bring your left heel to your buttocks.
4. Once you are comfortable with this motion, you can pick up speed until you are jogging.

## BEAR CRAWLS

Weeks 3 and 7

1. Start the bear crawl in a tabletop position. Hands are beneath the shoulders, the back is strong, and your core is engaged. The feet should be hip-distance apart with heels off the floor. Lift your knees off the ground
2. Move forward by moving the right hand and the left leg in a crawling motion at the same time.
3. Switch sides after placing weight on the right hand and left leg, moving the left hand and right leg forward never letting your knees touch the ground, and keeping your core engaged.
4. Continue in a crawling motion, moving forward for your desired number of steps or distance.

**Modification:** Keep planted support knee on the ground as you crawl forward.

## LATERAL SHUFFLE

Weeks 4 and 8

1. Start standing with feet hip-distance apart and sink into a deep knee bend. Bring both hands in front of the chest.
2. Start with right foot moving right and left foot following. Shuffle right for four right-left steps, then move left for four left-right steps. Continue shuffling right and left for the time outlined on your BINGO card.
3. Keep your core engaged the whole time and make sure your chest stays lifted and toes pointed forward. This will help you maintain proper form.

## JUMPING JACKS

Weeks 4 and 8

1. Begin by standing with your legs straight and your arms to your sides.
2. Jump up and spread your feet beyond hip-width apart while bringing your arms above your head by swinging upwards on either side until they are nearly touching.
3. Jump again, lowering your arms and bringing your legs together. Return to your starting position.
4. Repeat until you've completed all your jumping jacks!

**Modification:** Instead of jumping, bring your arms above your head and extend one leg to the side. Bring arms back down by your sides, and your leg back to standing positions. Repeat the exercise, extending the opposite leg out to the side. Continue to alternate extending each leg out when reaching your arms up.

# RESISTANCE BAND EXERCISE DESCRIPTIONS



## **SEATED ROW**

1. Sit on the floor with your legs extended straight in front of you.
2. Loop the resistance band around the soles of your feet, and hold one end in each hand.
3. Pull the band toward your waistline, while squeezing the shoulder blades.
4. Slowly release tension to return to the starting position and repeat.

## **PULL-APART**

1. Stand straight up while holding your resistance band with arms straight in front of you.
2. Your hands should be shoulder-width apart on the band with palms facing downward.
3. Keeping your arms straight, keep your shoulders blades back and squeeze them together, pulling the band to the side until the band touches your chest.
4. Slowly relax returning your hands to the starting position and repeat.

## **BICEP CURLS**

1. Stand on the middle of your resistance band with your feet flat on the floor.
  2. Hold both ends of your resistance band in your hands, palms facing out and arms down by your sides.
  3. While keeping your back straight and core engaged, bend your elbows bringing your hands up towards your chest. Keep your elbows tucked to your sides
  4. Slowly return your hands to the starting position and repeat.
- \*\*You can do this exercise while seated or standing\*\***

## **CHEST PRESS**

1. Place the resistance band behind your back and wrap it around you, just under your armpits so the ends are in front of you.
  2. Hold each side resistance band with elbows by your side, keeping a straight posture with knees slightly bent.
  3. Extend both arms straight out in front of your chest, keeping your shoulders back and down, and then slowly return to starting position.
  4. Repeat
- \*\*You can do this exercise while seated or standing\*\***

# RESISTANCE BAND EXERCISE DESCRIPTIONS



## **DEADLIFT**

1. While standing, step on the middle of your resistance band with both feet flat on the floor, slightly more than hip-width apart.
2. Grip both ends of your resistance band, you can wrap the band around your hand a few times to take all the slack out of the band.
3. Slightly bend at the knees, moving your hips backward, keeping your back straight.
4. To lift, squeeze your glutes and push your hips forwards until you are standing straight back up.
5. Pause at the top of the lift for a moment, when standing straight, and use your core to stabilize. Repeat

## **SQUAT**

1. While standing, step on the middle of your resistance band with both feet flat on the floor, slightly more than hip-width apart.
2. Grip both ends of your resistance band, you can wrap the band around your hand a few times to take all the slack out of the band.
3. Bend at the knees, moving your hips backward like you are sitting in a chair. Keep your back straight and core engaged.
4. To lift, contract your glutes, and straighten your legs until you are standing straight back up. Repeat

## **TRICEP EXTENSION**

1. Fold your resistance band in half, holding the middle of your band in your right hand. Bring the band to your right shoulder and hold tightly. This will act as an anchor point.
2. With your left hand grab one end of the resistance band, you can increase tension by wrapping the end of the band around your hand.
3. Your left elbow should be bent approximately 90 degrees and glued to your side.
4. Push down and away, straightening your left arm. Slowly return to the starting position in a smooth motion.
5. Repeat on the opposite side.

# RESISTANCE BAND EXERCISE DESCRIPTIONS



## **LATERAL RAISE**

1. Stand on one end of your resistance band. Grip the other part of the band in your right hand making sure there is no slack in the band when your arm is down by your side. Your palm should be facing your leg.
2. Raise your arm to the side while keeping your arm straight until level with your shoulder.
3. Relax and allow your arm to return to your side. Repeat.
4. Once you have completed your reps, switch sides.

## **FRONT RAISE**

1. Stand on one end of your resistance band. Grip the other part of the band in your right hand making sure there is no slack in the band when your arm is down by your side. Your palm should be facing your leg with your thumb extended.
2. Raise your arm in front of you while keeping your arm straight until level with your shoulder. Your hand should now look like it is giving a thumbs up.
3. Relax and allow your arm to return to your side. Repeat.
4. Once you have completed your reps, switch sides.

## **SEATED CALF PRESS**

1. While sitting on the edge of a chair with legs extended and a slight bend in your knees, Loop the resistance band around the soles of one foot, and hold one end in each hand.
2. Make sure there is no slack in the resistance band and your toes are pointing towards the ceiling.
3. Point your toes forwards like you are pushing a gas pedal and the ball of your foot is facing the ground. Then relax and allow your toe to point back towards the ceiling.
4. Repeat until all reps are completed then switch feet.

## **STANDING CALF RAISE**

1. Place the middle of the resistance band under the balls of your feet and stand with each end of the band in your hands.
2. Stand straight up and raise your hands up to your shoulders to anchor the resistance band and remove slack.
3. Prevent your knees from locking out and raise your heels up as high as you can while balancing on the balls of your feet. Drop your heels back to the floor slowly. Repeat this motion in a slow controlled manner.

# RESISTANCE BAND EXERCISE DESCRIPTIONS



## UPRIGHT ROW

1. Stand on a resistance band with feet hip-width apart.
2. Hold the ends of the resistance band in each hand with palms facing inwards resting on your thighs. You can wrap the resistance band around your hand to remove any slack in the band.
3. With your hands close together, keep your back straight and pull the band up towards your chin, keeping your elbows higher than your forearms. Return to starting position and repeat

## EXTERNAL SHOULDER ROTATION

1. Attach a resistance band to a sturdy object at torso height. Stand so that it's on your right.
2. Grasp the free end of the band with your left hand and make sure there is no slack in the resistance band. The band should cross in front of your body.
3. Stand tall with your back straight and your left elbow bent to 90 degrees and pressed against your side.
4. Starting with your forearm going diagonal across your body, pull the band away from the anchor while keeping your elbow tight to your side
5. Pause, then slowly return to the band in front of you. Repeat
6. Switch sides

## OVERHEAD PRESS

1. Stand with both feet on the center of the band, hip-width apart.
2. Hold onto each end of the resistance band above shoulders so that elbows are bent 90 degrees and out to the side.
3. Press arms straight up, keeping shoulders down. Slowly lower back to starting position. Repeat.

## DIAGONAL PULL

1. Stand straight up while holding your resistance band with arms straight in front of you.
2. Your hands should be shoulder-width apart on the band with palms facing downward and no slack in the resistance band.
3. Make the resistance band diagonal across your body by slightly raising one hand and lowering the other.
4. Keeping your arms straight, pull the band apart.
5. Slowly relax return your hands to the starting position and repeat.

# RESISTANCE BAND EXERCISE DESCRIPTIONS



## LAT PULL DOWN

1. Hold your resistance band about in both hands shoulder-width apart (so there is no slack in the band).
2. Raise your arms straight above your head and ensure you are standing straight.
3. Pull down and push out at the same time, bringing your elbows towards your pockets so the band passes in front of you.
4. Stop the movement when the band is shoulder level.
5. Slowly reverse the process bringing arms above your head and back together. Repeat.

## LUNGE

1. Stand on your band with your left foot and hold the ends of the resistance band up in front of your chest so there is no slack.
2. Step back with your right leg and bend both knees slightly so you are in a lunge position.
3. Begin the exercise by lowering your body straight down so that your right knee almost touches the ground. Pause, then push yourself back up to starting position. Repeat.
4. Once you have completed your reps, switch sides.

## LATERAL WALK

1. Tie both ends of your resistance band together to make a loop. place the band just above each ankle and wrapped around both legs.
2. Position your feet shoulder-width apart. The band should have no slack, but not be stretched.
3. Bend your knees slightly and move into a half-squat position to activate the glute muscles.
4. Maintaining the half-squat position, shift your weight over your left leg and take a step sideways with the right leg.
5. Ensure your toes always face forward.
6. Maintaining the half-squat position, shift your weight over your right leg and bring your left leg in to get back to the starting position.
7. Continue to step in one direction until reps are completed then switch directions so you are stepping out with your left foot now.