

Family Day Workout

By: Karen Nixon-Carroll, Fitness & Wellness Program Manager, Fanshawe Student Wellness Centre



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It's time to recruit your loved ones, or people you marginally tolerate (HaHa!) such as family, co-workers, friends, roommates or all of the above and get active! Choose someone to make up a motivating, heart-pumping playlist that lasts for at least an hour or look on a streaming service like Spotify for something with 135 beats per minute or more (I like to search for 140bpm workout music). Now all you need is some space, big enough that each of you can spin with your arms out and not hit each other and put on your workout clothes / shoes and you are ready!

Warm up

Do each move for 20 seconds each, one after the other and in the specified order. You can use an interval timer app or go to www.intervaltimer.com and set up your intervals. Do 2-3 rounds of this sequence.

1. Jog / March on the spot
2. Squats
3. Skate hop side to side
4. Reverse alternating lunge
5. Alternating Front kicks
6. Alternating side lunges
7. Scissor Jog
8. Fast feet jog in squat position, squat every 4 counts
9. Jumping jacks
10. Plank hold with alternating wide lunge forward

Workout

Do each move for 30-40 seconds with 5-10 seconds rest in-between. Do 2-3 rounds with 40-60 seconds between each round.

1. Forward hop to squat and fast jog back
2. Power push-ups (push off a wall or back of a couch)
3. Lying abdominal curls, reaching side to side
4. Shuffle side to side with reverse lunge each end
5. Alternating side plank
6. Elbow to toe plank with alternating leg lifts
7. Jumping Jacks turning side to side
8. Wide hand to knees or toes push-ups on floor
9. Lying abdominal curl slow
10. Fast feet jog in and out, squat low every 4 counts
11. Face up table top with elbow bend and extend
12. Low back supported diagonal leg lift / lower to floor
13. High knee march/jog or run
14. Downward Dog pushups
15. Lying Alternating elbow to opposite knee curl
16. Burpees

Cool down & Stretch

Walk on the spot or around your space for 2-3 minutes and shake out any tension. Start with deep breaths in and out and then work to normal breathing.

Perform the following stretches:

1. Child's Pose
2. Pigeon Pose, alternating legs
3. Side lying Quadriceps stretch, each side
4. Lying Leg raise for hamstrings and calf stretch
5. Foot folded across other leg, glute stretch
6. Hip bridge
7. Sit and reach toward toes
8. Standing chest and shoulder stretch
9. Standing upper back stretch
10. Triceps stretch
11. Shoulder stretch (head tilt, arm behind back)
12. Lateral tilt, each side