

Muscle Conditioning – May 13th 2020

This workout contains 4 pairs of strength exercises. Complete 8-12 reps of each and complete each pair 3 times. Core pair included 2 exercises for 30 seconds each, repeat 2 times.

Pair 1 (repeat 3 times)

- 8-12 Alternating Bicep/Hammer Curls
- 8-12 Kickstand Romanian Deadlifts

Pair 2 (repeat 3 times)

- 8-12 Tricep Dips
- 8-12 Squat Side Steps

Pair 3 (repeat 3 times)

- 8-12 Standing Chest Press
- 8-12 Around the Clock Lunges

Pair 4 (repeat 3 times)

- 8-12 Reverse Flys
- 8-12 Sumo Squats

Core Pair (repeat 2 times)

- 30 Seconds Plank Toe Tops
- 30 Seconds Rotating Plank

Disclaimer

Please remember, it is advised that you or any of your family members that may also be joining this class, consult your physician before starting any exercise program, especially if you have any known medical conditions or are pregnant. If you experience any dizziness or feel faint

during this class, please stop immediately. We are not able to assume liability for any incident or injury. Prior to participating in a this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the "Get Active Questionnaire of the Canadian Society of Exercise Physiology and its reference document. Simply click on the links below.

http://www.csep.ca/CMFiles/GAQ_CSEPPATHReadinessForm_2pages.pdf

http://www.csep.ca/CMFiles/publications/GAQ_ReferenceDoc_2pages.pdf