

WU Moves Community Wellness Program

In - Home Exercises

For cardiorespiratory endurance, do 20-60 minutes of exercise 3-5 days per week.

Warm up: 20-60 minutes

- Walk
- Jog
- Elliptical
- Bike
- March in place/ jump rope/ jumping jacks

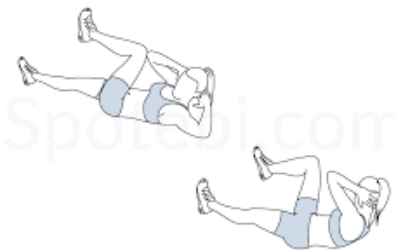
Pick 2-3 *exercises* from each category. For strength do about 8 *repetitions* for 1-3 *sets* for each exercise 2-3 *days per week*. For endurance do 12 *repetitions* or until *fatigue* for 1-3 *sets* for each exercise 2-3 *days per week*.

Core:

- Timed or repetitions
 - Hardest: laying leg raises
 - Medium: Seated in hard chair leg raises
 - Easiest: Seated in hard chair leg holds



- Timed or repetitions
 - Hardest: Bicycles
 - Medium: Seated bicycles
 - Easiest: Seated bicycles holding on to chair



- Timed or repetitions
 - Hardest: laying toe taps
 - Medium: reverse crunch
 - Easiest: seated reverse crunch



- Timed or repetitions
 - Hardest: laying Russian twists
 - Medium: seated Russian twist with feet in air
 - Easiest: standing Russian twists with feet on floor



- Timed or repetitions
 - Hardest: penguins
 - Medium: standing oblique crunch
 - Easiest: sitting oblique crunch



Chest:

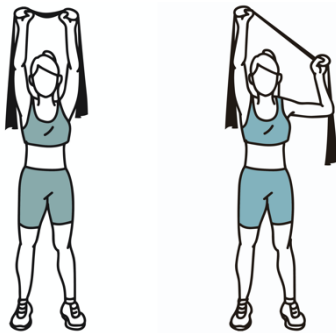
- Timed or repetitions
 - Banded or light weight chest fly (lying on bench for more resistance)



- Standing or seated alternating punches
- Pushups (regular or wall)

Back:

- Timed or repetitions
 - Banded or light weight lateral pull downs



- Banded or light weight pull apart



Legs:

- Timed or repetitions
 - Hardest: laying bridges
 - Medium: standing alternating kick-backs with alternate arm punches
 - Easiest: standing behind chair alternating kick-backs



- Timed or repetitions
 - Hardest: Thrusters (squat → standing press)
 - Medium: air squat
 - Easiest: sit stands



- Timed or repetitions
 - Squat side steps



- Lunges
- Marching in place

○ Clams



○ Ball squeezes



Arms:

- Timed or repetitions
 - Hardest: Triceps dips
 - Medium: squatting triceps kickback (band or light weight)
 - Easiest: standing or seated banded triceps kickback



- Timed or repetitions
 - Hardest: Triceps overhead with squat in between
 - Medium: standing overhead triceps extension
 - Easiest: seated overhead triceps



- Timed or repetitions
 - Hardest: bicep curls (band or light weight) with side step between
 - Medium: standing bicep curls
 - Easiest: seated bicep curls (band or light weight)

- Timed or repetitions
 - Hardest: Overhead press with lunge
 - Medium: Overhead press
 - Easiest: seated overhead press



Cool-down/stretching:

- arms across



- overhead tricep



- behind back pull



- Reach to right then left leg



- Cross leg (Dwight) stretch



- Neck rolls



- Calf against wall or leg holds

