

## U-ExCEL Workout of the Week #13

### Strength & Balance, Circuit, Fusion

- 1) Squat + Overhead Press
- 2) Alternating Back Raise + Push-Up
- 3) Lunge + Calf Raise
- 4) Windmill
- 5) Curtsey Lunge + Chest Press
- 6) Burpees
- 7) Lateral High Knees
- 8) Wall Sit
- 9) Straight Leg Deadlift
- 10) Single Leg Balance + Arm Reach

### Sit & Fit

- 1) Deadlift + Front Raise
- 2) Single Arm Isometric Curl + Heel Tap
- 3) Chair Lean Back + Opposite Elbow to Knee
- 4) Seated Jacks
- 5) Single Leg Raises
- 6) Jump Rope Knee Tuck
- 7) Foot Fires
- 8) Overhead Press + Tricep Extension
- 9) Single Leg Balance + Ankle Circles
- 10) Single Leg Raise in Tandem Balance Stance

### Core Dynamics

- 1) Single Leg Hip Bridges
- 2) Lying Jacks
- 3) Knee Sliders
- 4) Scissor Kicks
- 5) Bird Dog
- 6) Single Leg Raise
- 7) Bridge Kickers
- 8) Cat + Cow
- 9) Side Plank
- 10) Opposite Elbow to Knee

**Warm-Up:** Marching, Wrist Circles, Hip Circles, Arm Circles, Reach One Arm Up & Across, Side Foot Taps, Leg Swings, or any creative way to warm up your body!

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

**Day 3:** Flip a Coin – Heads = Exercises 1-5, Tails = Exercises 6-10

**Day 4:** Circuit (3x 45 seconds for each exercise)

**Day 5:** All Day Mini-Workout (See Attached PDF)

Take a deep *breath*, and  
just enjoy your *life*.

### Fitness Tip Week #13

**Exercise Your Mind-** We all know exercise is good for our bodies; but did you know the same is true for your mind? Just like any other muscle, the brain can get in shape, strengthen and develop with use. Check out these simple strategies below to help maintain your brain:

- **Participate in Physical Activity** - Challenging your body helps to challenge your brain! Attend a group exercise class, walk, swim, or ride a bike.
- **Try New Things** – Get involved in a group or social organization, read, write, learn a second language, or learn to play a musical instrument.
- **Stimulate Your Senses** – Learn to relax with music, mediate, or try yoga or tai chi.
- **Feed the Brain** – Increase your intake of vitamin C and E, eat more fruits, vegetable, salmon, and walnuts.