



## Virtual Program Exercise Routine

\*note #1: remember to breathe in through your nose and out through the mouth!

\*note #2: remember to keep abdominals braced! (aka “naval into spine”)

### Some Guidelines for Stretching

Your warm up should be dynamic (meaning you are taking the joint through the full range of motion and so you are not holding the stretch long, just 2 seconds.)

Your cool down should be static (meaning you are holding a stretch for a 20-30 (or more) in order to lengthen and relax the muscle. Using a mat is very helpful. Using the wall or a chair is also optional.

- 1) **Side-to-Side Step Touches:** Step to your left, then step to your right. Repeat. Meanwhile, keep the hips, knees, and toes forward as you step. Swing the arms. Take up as much surface area as you can. To intensify, add a little squat or a small hop. (go 1 minute)
- 2) **March-in-Place:** Lift the knees up toward the sky as you march and attempt to coordinate the limbs so you are moving the opposite arm with the opposite leg. Stand as tall as you can. Move your scapulae (“wings”). (go 1 minute)
- 3) **Jog-in-Place** (advanced version after marching): perform a light jog in place. (go 1 minute). Option is to alternate between **March-In-Place** and **Jog-in-Place**.
- 4) **Bend-Over-Reach (reach for shin, ankle, or toe):** this will stretch the muscles that make up the hamstrings and calves. Extend leg in front of you with heel down and toes up. Keeping the toes pointed up toward the sky lean over gently until you feel a stretch behind the entire leg. Sit back as if to squat. Hold for 2 seconds and repeat on the other side. Perform 20 repetitions. OPTION: can be done in a chair as well.
- 5) **Juggle-The-Ball:** while standing up or sitting tall in a chair, bring your left shoe toward your right hand as if to wipe dirt off your shoe. To intensify the stretch grab left ankle and pull up. Switch and do the other side. Alternate and do 20 repetitions. The stretch will be felt in the

hip of the leg that you are “wiping”. To modify from the standing up position, lean against a wall.

- 6) **Kick- the- Ball:** As if to kick a ball that's lying on the ground diagonal to you, swing the right leg out with the toes up. Initiate the movement from the hip and keep the leg as straight as you can. Keep both arms out for balance. Then do the left leg in the same manner. Repeat back and forth. The higher you kick, the more you will feel the stretch. Keep a tall posture. Perform 20 repetitions. Can also be done by kicking in front of body. This version activates the abs more.
- 7) **Arm-Swings:** Lift both arms out to the sides shoulder-height or lower, and begin to “slice” the air with your arms by swinging them front and then behind. This is another good way to open up the chest muscles and expand the lungs. Keep abdomen braced. Squeeze your shoulder blades together as you swing arms back. 20-30 repetitions.
- 8) **Squats: (can place fingers on hip flexors so you know you are pinching them when you squat).** Keep the feet shoulder width apart. Anchor both feet firmly through the floor and bend your knees while pushing your hips back as far as possible to load the muscles of the Hamstrings and Glutes. Inhale and descend, attempting to bring the thighs so that they are about parallel to the floor. Maintain a neutral spine which means keeping a small arch in the low back as you squat. This will ensure that you *use* your abdominal muscles. Keep your shoulder blades engaged as you squat. Good posture!
- 9) **Side Bend Reaches:** Stand with feet shoulder-distance apart. Extend left arm up to the sky and then gently lean to the right side until you feel the stretch going down the left side of your body. Hold for 2 seconds and repeat on the other side. Perform 20 total.
- 10) **Empty-Handers:** Palms facing up as if to hold an imaginary tray in front of you. Keep the elbows close to the side of the body. Retract the shoulder blades while directing the hands to the sides of the body. Push the chest out. Feel the pinch between your shoulder blades. Hold the squeeze for 2-3 seconds and go back to the start position. Repeat 12x. Strive to do 50 repetitions of these throughout the day for better posture and lung expansion.
- 11.) **Hug Knee & Roll Ankle:** Balance on one leg pull knee into chest. Rotate your ankle clockwise 10 times and then counterclockwise 10 times. Make big circles. Do 2 sets of 10 each side. Mind your posture. OPTION: Can be done in a chair.
- 12.) **Hip Flexor Stretch (front):** Take a long stride forward with left one foot. Slightly bend the right knee toward the floor. (you may need to take the right foot further back to lengthen your stride). Keep the torso long and tall while reaching up toward the sky with your right arm. The stretch should be felt along the front of the hip and even in the lower abdominals and groin area. Squeeze your butt. Hold 2 counts and then repeat in the same manner on the other side. Do 6 on each side. OPTION: can be done in a chair.

- 13.) **Glute Bridges:** Lie on your back on an exercise mat. Bend both knees and place feet about 12 inches away from buttocks and hip distance apart. Clench (squeeze) the buttocks muscles together and then lift your buttocks away from the floor. Act like you want you naval to the sky. When your hips are as high as they can go, keep buttocks clenched. Once you reach as far as you can go, lower your hips back to the floor and tap lightly. Don't completely relax. Do 15 reps. You should feel your rear end muscles engaging/burning. Do 2 sets.
- 14.) **90/ 90 Heel Taps:** Begin on your back. Bring both feet up toward buttocks, about 12 inches from your buttocks (like in Glute Bridge exercise). Contract low abs. Next, lift both legs up to 90 degrees of hip & knee flexion. Avoid lower spine coming off floor. Squeeze the belly button to spine as you alternate tapping your heel to the floor one foot at a time. Extend the leg out just slightly to make the exercise challenging enough, but do not completely straighten leg. Tap heel of shoe to floor and gingerly bring the leg back up to starting point. Remember to keep your pelvis stable. Perform these "heel taps" until your low abs fatigue.

## Cardiovascular Regimen

Aim to walk 2-5 miles per day depending on your fitness level. If you can only walk 1-2 miles, work your way up to 4 or 5 miles at once at least three times per week. Ideally, you want to walk daily. Walking is one of the best ways to control your weight and build endurance. Its recommended to also do a "D.W." (digestive walk) after each meal. The digestive walk is more like a stroll. It is not a workout, but helps the body to digest food.

H.I.I.T. means High Intensity Interval Training. Doing a 30-second burst of speed and recovering for 1-2 minutes and then doing another burst of speed for 30 seconds. This sequence is done 4-6 times. Using a stop watch is very helpful or use your phone's timer.

Examples of H.I.I.T. Walking/Power walking, running, rebounding (mini trampoline), step aerobics, jumping jacks, bicycling, etc. etc.

## Practical Example of a H.I.I.T. Workout

- 1) Warm up by walking or rebounding for 5 minutes after you have stretched. (You can even march in place for five minutes if you don't have access to a path or rebounder.)
- 2) Begin power walking (walk as fast as you can) for **30 seconds**. Depending on what level of fitness you are, you may want to push it to jogging or running-do what challenges you the most!
- 3) After 30 seconds is up, rest by going back to walking or even stopping to catch your breath. Recover for **1-2 minutes**.
- 4) Return to the **30 second burst of speed**

- 5) Return to the **1-2 minutes recovery**
- 6) Return to the **30-second burst of speed**
- 7) Return to the **1-2 minutes recovery**
- 8) Return to the **30 seconds burst of speed**
- 9) Return to the **1-2 minutes recovery**
- 10) Return to the **30 seconds burst of speed**
- 11) Return to the **1-2 minutes recovery**
- 12) Last time for the **30 second burst of speed**
- 13) Recover **5 minutes slow pace to cool down**
- 14) Stretch
- 15) Workout done

**H.I.I.T. Training is beneficial because:** it stimulates brain-derived neurotrophic factor (neurogenesis). BDNF is a protein that helps the brain. It will also keep your mind sharp and energy level up. It will tremendously help to relieve stress and keep you in shape. Aim to do it daily or at least 3 times per week minimum.

## Resistance Training

Strive to use weights 2-3 times per week to maintain muscle mass. Strength training helps increase your metabolism which will help your body to burn fat. As we age, it is very important to maintain a regular workout routine for tone and mobility. (“You don't use it, you lose it!”) **Examples of resistance training:** Squats, Lunges, Step ups, Back Rows, Push ups, Lat Pull Down machine, Chest Presses, Shoulder Presses, Biceps Curls, Triceps Kickbacks, Crawl-Outs, Chin Ups.

- 1) **Basic Squats-** Follow directions on how to perform these by referring above in the warm up portion. To add intensity and build muscle quicker, hold a free weight in each hand. If holding weights, you will want to do less reps than if you weren't holding weights because its extra intense.

\*For a **modified squat**, use a chair. Do not hold weights in your hands until you feel confident with this version of the squat. “Kiss” the chair seat with your buttocks and then stand. Repeat.

Do at least 20-30 repetitions per set.

- 2) **Counter Top Pushups** - Keeping hands wider than shoulder-distance apart, place them on counter's edge. Walk your feet back so heels are off floor. Straighten your body with naval pointing to ground. Bend elbows and lower chest (nipple line) to counter's edge. Then straighten elbows. Use your shoulder blades while you are descending and ascending. Squeeze buttocks. Keep shoulders away from ears. Do as many good ones as you can in a row. Rest. Then repeat.
- 3) **Wall Slides:** see description in Sunday Night Lecture Notes. 10 reps.
- 4) **Using a Bench "Walk Feet Back Then Stand":** perform as many as you can for 1 minute. Place both hands on top of a bench about shin-height. (Go lower to advance and feel abs even more). Walk both feet back so your body is in a Push -Up position. Once you are in Push-Up position, pause, then stand back up again. Raise both arms overhead. Repeat.
- 5) **Modified Jumping Jacks:** raise both arms overhead and bring one foot out to side. Repeat same thing but bring opposite foot out to side. Alternate your feet. Do 30 reps, rest briefly, then 20, rest, then 10 reps.
- 6) **Fast ("happy") feet:** Go 10 seconds as fast as you can on your toes, running in place. Keep hips flexed slightly. Do 3 sets of 15 seconds. Rest in between each set for approximately 20 seconds.

## More Stretches for Your Body

**Implement these stretches in your cool down. Hold 20-30 seconds. Do 2-3 sets.**

**Neck stretch:** While standing, tilt head toward right shoulder keeping torso still. Feel stretch on the left side of the neck. To intensify the stretch, place right hand on left ear and gently push down. Repeat on other side.

**Calf/Ankle Stretch With a Stair Step:** begin by standing on a stair step. Hold on to railing and then position one foot so that the heel is hanging over the step. This position will cause the toes of that foot to point upward. You will feel a stretch from the foot all the way up even toward the buttocks, but definitely in the lower leg. Don't forget to switch feet.

**Inner Thigh & Shoulder Stretch Combo:** Take both feet very wide. Bend both knees and squat as you use your hands to push out and down on your thighs. Feel your inner thigh release. Keep feet firmly in place as you do this. Then, roll one shoulder forward and down to stretch the shoulder blade and upper back area. Switch shoulders.

**Supine Figure Four Stretch:** Lie on back on floor. Bend knees and bring feet up close to your

buttocks. Cross right ankle over the left thigh. If you are able, reach through the triangle and grab the back of your left thigh bringing it toward your chest. Feel the stretch in the right hip. The closer you bring the leg to you, the deeper the stretch. Hold. Repeat on other side in the same manner.

**Supine Hamstring Stretch with Rope:** Lie on back on floor and have a rope in your hand (or belt to your bathrobe). Bend the left leg and wrap the rope around your foot in the arch area. The other foot can either be close to your buttocks (with knee bent) OR that leg can be completely straight and resting on the floor, which is the more advanced option. With both hands gripping the ends of the rope, gently straighten out the left leg as much as you can to feel the stretch in the back of the thigh and even lower leg. You are aiming to pull the left leg toward your chest. Hold. Repeat in the same manner on the other side.