WOW
Workout on Weights

1. **Monster Walks**: Band around ankles. Feet are wider than hip width apart with knees slightly bent. While staying down low, bring one leg out and forward then swing this leg laterally to the side in an arching motion. Bring the trail leg forward and go right into the next step.

2. **Reverse Monster Walks**: This time, initial foot moves backward and around to the side.

3. **Lateral Band Shuffle**: Band around ankles with feet hip width. Squat down and slide by stepping side to side without letting the hips raise and drop. Keep tension on the band by not bringing feet totally together between each step.

4. **Wall sit: 2 x 2 minutes**: Press the small of your back against the wall as you walk your feet forward until you are in a sitting position. Head, shoulders, and back are against the wall. Knees bend 90 degrees so that thighs are parallel (only go down as far as you can and feel comfortable). Contract quads, extend arms and pulse for count of 30.

5. **Wall Hamstring Press**: Lie on your back near a wall. Place left foot against the wall, left knee bent at 90 degrees. Right leg is straight up with sole of foot facing ceiling. Arms are relaxed at sides, abs tight. Contract hamstrings and glutes, left foot presses against the wall lifting pelvis off the floor. Lift for count of 15, holding contraction throughout the move. Lower to starting position. Repeat. Complete one set and switch legs.

6. **Donkey Kicks**: Kneel down and support upper body on forearms. Keeping your right knee bent, slowly lift the right leg behind you so your foot raises up toward the ceiling. Return to start position and repeat for a set. Switch legs.

7. **Pushups: 30 seconds**

8. **Chest Fly with band**: Lie on your back, knees bent. Place elastic band under your shoulders. Hold ends of band with palms facing in. Arms are extended over chest with slight bend in elbows. Inhale as you open arms out to the sides until aligned with shoulders. As you exhale, return your hands to center, over your chest. Hold the contraction briefly and repeat.

9. **Upright row with bands**: Stand on the center of the band with feet hip-width apart, knees soft, spine neutral and shoulders relaxed. Hold band in front of thighs. Lift chest and press shoulder blades back and down. Keeping wrists straight and hands in front of your body, pull hand sup to collarbone. Elbows finish pointing out, higher than hands. Hold briefly and return to starting position. Repeat.

10. **Caterpillar**: Stand with feet hip-width apart. (Bending your knees if needed) keep legs straight and bring your hands to the floor. Walk your hands forward until you are in a push-up position. Walk your hands back toward your feet and stand back up to starting position and repeat.

**ABS:**

1. **Oblique crunch**: Lie on back, knees bent at 90 degrees and dropped comfortably to left side. Right arm extends upward at 45 degree angle. Left hand on hip. Exhale and lift until shoulder blades come off the floor. Hold briefly at the top. Inhale as you lower and repeat.

2. **Single-Leg Jackknife**: Lie on your back, arms extended overhead. Bend right knee with right foot flat on the floor, left leg is straight. Exhale and simultaneously lift left leg and upper torso (head and shoulders) toward each other. Keep leg straight and try to touch left foot. Lower arms, torso and left leg, without resting on the floor. Repeat on the same side for one set and then switch sides.

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