IPFW Employee
Women on Weights

1. **Cross Back Lunges:** Stand with your feet close together. Step one foot back behind the standing leg. Drive your body down toward the floor, bending both knees. Step back up, raising the back bent leg, and repeat on the other side.

2. **Hip Lifts/Butt Busters:** Lie on your back with your knees bent and heels below your knees, close to your butt. Lift your hips as high as you can, squeezing your butt. Lower and repeat. For added challenge, straighten one leg and use only one leg to lift your hips. Switch half way.

3. **Pushup:** Lie on your stomach on the floor with your hands slightly wider than shoulder width. Raise body up off floor by extend arms with body straight. Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat. Modify this exercise by dropping your knees and keeping a straight line from your knees to your head.

4. **Opposite Arm Leg Extension:** Kneel on all fours with back flat. Extend the left arm and right leg. Squeeze your abs as you bring your left elbow and right knee together under your torso. Repeat, switching sides halfway through.

5. **Single Leg Calf Raise:** Place hand or hands on support for balance. Lift one leg to rear by bending knee. Raise heel by extending ankle as high as possible. Lower heel by bending ankle until calf is stretched. Repeat. Continue with opposite leg. Keep knee straight throughout exercise or bend knee slightly only during stretch.

6. **Feet Resistance Band Rows:** Seated with band wrapped around your foot. Hold onto each end of the band. With arms fully extended, pull the bands up towards your chest keeping your elbows in close to your body. Squeeze your shoulder blades together when performing rowing motion.

7. **Partner Kneeling Reverse Fly:** Kneel with partner holding the center of the band behind you. Grab the one end of the band in each hand. Keeping elbow slightly bent and in fixed position, with arms out to the sides of your body, bring your hands together squeezing your chest. Slow movement back to start position and repeat.

8. **Resistance Band Triceps Press:** Start by holding the tubing in one hand and placing that hand behind your back or by stepping on the band. Grab the other end of the band with the arm that is over your head. Extend the top elbow until your arm is fully extended. Return to the starting position and repeat for the prescribed repetitions. Keep your elbow as close to your head as possible.

9. **Alternating biceps curls:** Stand with feet shoulder width apart, knees slightly bent, and at a staggered stance. Step onto middle of tubing with back foot or both feet. Start position: Grasp ends with underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides. Flex at the elbows and curl band up to approximately shoulder level. Keep elbows close to sides throughout movement. Return to start position. Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

Abdominals:

1. **Forearm Planks:** Start in a plank position with elbows on the floor. Lower your head and lift your butt so you form a triangle. Lower down.

2. **Decline with Rotation:** Sit on your butt with knees slightly bent and hands under your legs. Lengthen your spine. Bring your hands straight out in front of you. Lower your body halfway to the floor and twist to the right, stretching your right arm out behind you. Look back at your arm. Come back to face forward. Twist the other way to bring your left arm out behind you.

Stretch:

1. **Cobra:** Lie on your stomach with elbows bend and hands under your chest. Lift your head, chest, and rib cage and look ahead. Lower down.

2. **Upward Facing Dog:** Lie on your stomach with elbows bent and hands under your chest. Lift your head, upper body, hips, and thighs off the floor. Look up to the ceiling. Come back down.

3. **Lower Back Stretch:** Lie on your back with one leg straight and the other raised with bent knee. Bring the raised leg over to one side until it touches the floor, keeping shoulders on the ground if you can. Switch sides halfway through your time.

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