

Workout Card - Beginner/Senior - Lower Body & Core

#activeSault



It is important to seek advice from a medical doctor before engaging in this exercise program or any other.



Importance of a Proper Warm-Up

A light to moderate intensity warm-up is essential to any training program, and should be performed before any exercise. Light to moderate intensity can be gauged by an increase in heart rate, body temperature, and breathing, but should not restrict your ability to say a full sentence. A general warm-up consisting of cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes, and it is most effective in preparing the body for exercise when followed by a specific warm-up (i.e. shoulder rolls). A proper warm-up will help prevent injury from exercise.

NOTE: Sets of these exercises can be repeated 2-4 times, with 2-3 minutes rest between sets (more or less if needed), 2-3 times per week. Combine this workout card with Workout Card - Beginner/Senior - Upper Body for a complete workout.

5. Assisted Squat - Gluteus, Hips, Legs, Calves

Equipment: Low Parallel Bars



Start

- Standing beside low parallel bar, holding on with an overhand grip, standing upright with feet parallel
- Shoulders relaxed, chest and torso upright

Action

- Hinge at the hips, pushing them back like sitting on a chair
- Begin to bend at the knees to lower the body towards the ground

End

- Push through the heels, extend the knees and hips and return to the upright position

Repeat as many times as possible, 12 repetitions max, to complete one set



6. Assisted Lunge - Gluteus, Hips, Legs, Calves

Equipment: Low Parallel Bars



Start

- Standing beside low parallel bar, holding with an overhand grip, step into a staggered stance, back foot elevated and front foot facing forward

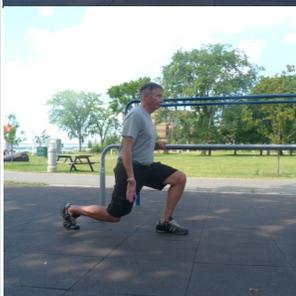
Action

- While balancing on the back toes, and keeping torso upright, lower the body towards the ground, stopping before losing balance (knee to 90 degrees)
- Ensure front knee is in line with front hip and ankle, and back knee is in line with back hip and ankle

End

- Extend knees to return to starting position

Repeat as many times as possible, 12 repetitions max, to complete one set before switching to the other leg



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7. Standing Parallel Leg Lifts - Buttocks (Gluteus Medius)

Equipment: Parallel Bars



Start

- Stand beside Parallel Bars, holding on with one hand parallel grip
- Feet are shoulder width apart, body is upright, and looking straight ahead

Action

- Keeping the torso upright, raise the outside leg to the side of the body as high as possible, keeping the knee extended, and turning outside foot in slightly



End

- Lower the outside leg back to starting position

Repeat as many times as possible, 12 repetitions max, to complete one set

8. Plank - Core (Abdominals)

Equipment: Benches/ Low Parallel Bars



Start

- Adopt a plank position supported with the feet on the ground
- Hands on the bars directly under the shoulders, elbows extended
- Legs and hips extended and in line with the torso

Action

- Ensure spine is in a straight line from head to tailbone while keeping the core tight
- Look slightly in front of the bench while keeping neck in a straight line

End

- Hold the position for 30 seconds or until form starts to compromise

Repeat as many times as possible, 12 repetitions max, to complete one set

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Importance of a Proper Cool-Down

A proper cool-down is just as important to an exercise program and your safety as a proper warm-up, and should be performed at the end of every exercise session. A general cool-down, consisting of light intensity cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes directly after exercise, or until you are able to hold a conversation without interruption from heavy breathing, and it is most effective at reducing the risk of delayed onset muscle soreness (DOMS) when followed by stretching. A proper cool-down will help prevent injury from exercise.

NOTE: Sets of these exercises can be repeated 2-4 times, with 2-3 minutes rest between sets (more or less if needed), 2-3 times per week. Combine this workout card with Workout Card - Beginner/Senior - Upper Body for a complete workout.