

Beginner Workout

Courtesy of Healthy Workplace, McMaster University

Things to remember before starting:

1. Ensure you are ready to get active – fill out a PAR-Q and see your doctor
2. Always warm up before working out – this can be a brisk walk, dancing around the living room , biking, etc – the possibilities are endless
3. Focus on Form – look in the mirror to see if you have the movements right or ask a friend to watch you
4. Breath out on exertion (muscle contraction), breathe in on muscle relaxation
5. Keep hydrated!
6. To make the exercises more difficult, add tension to your band
7. Stretch after your workout

Upper Body

Arms

Bicep curls

- Stand with feet shoulder width apart, on the band
- Proper spinal alignment
- Hold ends in underhand grip
- Keep shoulders down and relaxed
- Upper arms should be against body
- ONLY motion from elbow
- Curl up from start position (arms at sides) to top of movement
- Return and repeat



Tricep Kickback

- Loop band around doorknob
- Stand in lunge – knee over ankle
- Arms bent at 90 degrees to start
- Keep upper arms in towards sides
- All motion at elbow
- exhale and press back arm – do not lock
- Can also perform with both arms together



Shoulders

One arm front raise – Deltoids, Pectoralis major

- stand with feet shoulder width apart on band
- hold ends in overhand grip
- lift arms from waist to no higher than shoulder
- all motion from shoulder
- do not lock elbows – allow for a bit of flexion



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Chest (Triceps, Anterior Deltoids, Pectoralis Major)

Wall Push Up

- To begin, start standing up and then lean against a wall with your hands out.
- Elbows are not locked
- Lean into the wall, bending at the elbows until chest is close to wall
- To make it harder on yourself find something that is lower. (ie. a desk, then a bench, then finally the ground)



Core

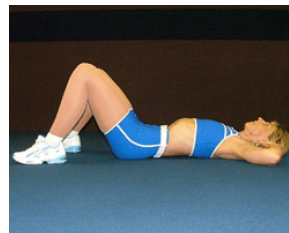
Reverse curl

- to start, be on back, with legs towards ceiling, feet flexed
- slowly push up your feet
- this will raise your bum off the floor
- ONLY motion from abs, do NOT swing legs
- it should be a gentle movement – if too fast, could be momentum



Curl Up

- Lie on your back, with knees bent and feet comfortably flat on the floor;
- Adjust your pelvis so that your lumbar spine is in the neutral position. You should feel a slight gap between your back and the floor;
- Curl up your head and bring your chin towards your chest, fixing your neck position as if you were holding an apple between your chin and neck; (You can put your fist between your chin and chest to help with this or have across chest)
- Slowly, focusing on your abdominals, curl your upper back off the floor .
- Focus = bring your ribs closer to your hips
- Stop once your upper back is off the floor. Do not tilt your pelvis or pull with your thighs to lift yourself any higher;
- Pause for one count at the top.
- Slowly, again focusing on the abdominals, lower your upper back down to the floor



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Back

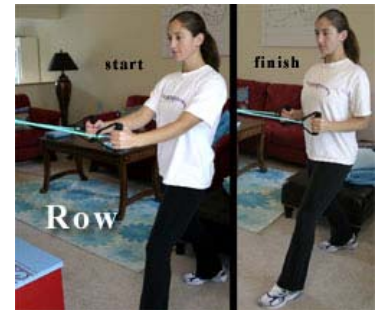
'Superman' - works erector spinae and gluteals

- lie face down on floor or mat
- extend arms in front, legs lie straight back
- lift your left arm, upper body (in line with arm) and right leg
- **remember – you don't have to lift your arm/leg very high**
- hold position for count of 3 contracting gluteals/back
- release slowly – lengthening spine on release and repeat for other side
- after repeated on opposite side, you have finished one repetition
- ensure that you breathe



Standing Row

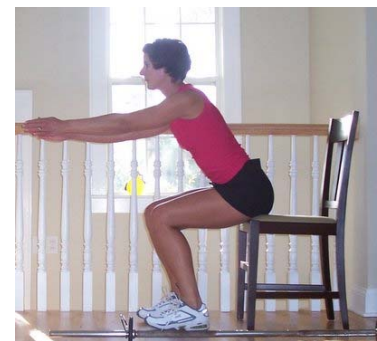
- focus on rhomboids, middle trapezius
- stand in lunge position
- wrap band around doorknob or similar
- grasp handles with elbows extended in front
- pull band towards hips, bending elbows as far back as possible
- don't arch back and keep shoulders down and relaxed
- pretend to squeeze a grape with the traps



Lower Body

Chair Squat – quads, hamstrings, glutes

- Place a chair just behind you and stand in front of it with feet about hip- or shoulder-width apart.
- Contract the abs and keep them tight as you bend the knees and slowly squat towards the chair.
- Keep the knees behind the toes as you sit down on the chair for a few seconds.
- Contract the glutes and hamstrings to lift up out of the chair and begin extending the legs.
- Fully extend the legs until you're back to standing position.
- Repeat this for 1-3 sets of 10-16 repetitions.
- To progress, squat down until you're just hovering over the chair, but not sitting all the way



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Standing Heel Raise Gastrocnemius and Soleus

- Stand holding onto table or chair for balance
- Feet slightly behind shoulders
- Legs are straight with slight flexion at knee
- Do not let feet roll out over ankle
- Press big toe into floor as you lift feet up
- Lower with control
- Add difficulty –don't hold on or only go up on one foot



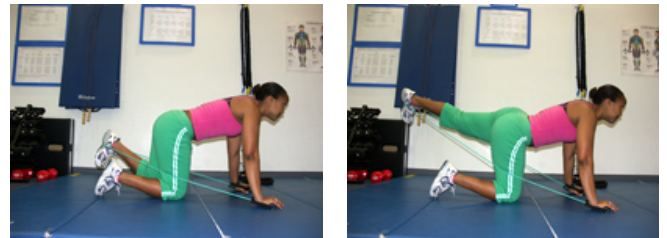
Side Leg Lift gluteus medius

- Stand on middle of the band
- Grasp ends at hip level (wrap excess around wrist)
- Stand on one leg
- Kick opposite leg outward (to side) against resistance of band
- Return at same speed
- Ensure abs are pulled in (belly button to spine)
- Stand up straight



Hamstring Kick

- Start on all fours – hips stacked over knees, shoulders over wrists
- Loop band around instep of one foot and hold under hands
- Kick straight back in fluid motion and reverse controlled
- Can perform without band
- Keep belly button pulled into spine to support lower back



Disclaimer:

Fitness information presented on these pages is intended as an educational resource and is not intended as a substitute for proper medical advice. Consult your physician or health care professional before performing any of the exercises described on these pages or any exercise technique or regimen, particularly if you are pregnant or nursing, or if you are elderly or have chronic or recurring medical conditions. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.