

# ACTIVE AT HOME

## Canada Day Workout (30min)

**Equipment:** 1 Deck of Cards + 2 weights & mat

**Warm up:** 3-5mins of cardio around your house/stairs

**Game:** 52 pick up! Scatter the cards and complete the exercises in order. Do as many reps as the card states.

### **Set 1 Legs: Weights (3 Rounds)**

Squats: Dumbbell Option

Lunges: Dumbbell Option

Curtsy Lunge: Dumbbell Option

Reverse lunge: Dumbbell Option

### **Set 3 Arms: Weights (3 Rounds)**

Shoulder Press with Dumbbells

Lateral Lift with Dumbbells

Bicep Curls with Dumbbells

Overhead Dumbbell Tricep Extension

### **Glutes/Core (2 Rounds)**

Sumo Squats

Donkey Kicks

V-Sit

Crunches

Oblique crunches

Plank

Glute Hip Bridge (Option to dip)

V-Sit reach & pulse

### **Cool Down: 30 Sec per side**

Calf stretch: Heel to floor, toe up on wall, lean into wall

Quad stretch: Cradle foot in same side hand, press hips forward, hold wall for balance

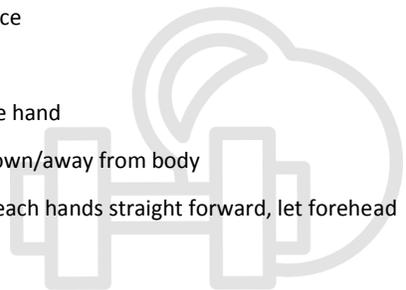
Hamstring Stretch: Forward fold, keep slight knee bend

Arm Stretch: Bring one arm across chest, press into extended forearm with opposite hand

Shoulder/Chest stretch: Clasp hands behind back or reach behind back and press down/away from body

Child's Pose: Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms

Breathe: Deep inhales & deep exhales



# GREAT WORKOUT!