
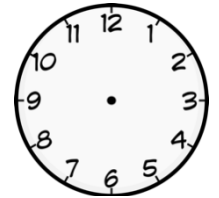


My friends and clients who are “social distancing” or just cannot get into the water, need a home workout. This workout is gentle on the joints, balance & stability improving, coordination challenging, strength building, and non-impact cardio at a light to moderate intensity.

VIP: If an exercise is excessively difficult make the movement smaller or hold a countertop or chair.

Find a space where you have room to safely exercise. Set a timer for one minute, a microwave timer works, using a “reminder beep” that goes off every minute.

Legend: movement directions from center [C], where you are standing:
[12] is front; [6] is back; [3] is right; [9] is left
BA = both arms; RA = right arm; RL = right leg; LA= left arm; LL = left leg
Change of body position is indicated with a: 
Inhale = InH; Exhale = ExH



Equipment: Sturdy chair, thick towel, small weights or soup cans, timer, water to drink.

Video Instructions: Ability Fix, the fitness app we have developed, has all of these exercises in the pool. Watch the *playlist -- Ability Level 2* instruction videos here:

<https://www.youtube.com/playlist?list=PLopeAsgytNwJcwspXVKnyNSEDf3jCtBsd>

Remember my rules: 1) **Breathe**: InH expand your full ribcage; ExH use diaphragm & pull navel to spine. 2) If it hurts **don't** do that; if it feels good **do more of that**. 3) **Engage your core** to stabilize your spine, pelvis & shoulders for every exercise.

STANDING

1. FULL BODY WARM-UP: Pace: 60 beats per minute

Your whole body will strengthen and lengthen with this warm-up. You will be ready to do your main workout after these five exercises.

Time: 5 minutes – one minute per exercise

Instructions:

High knees -- Coordinate arms and legs in an alternate high knee march. Raise knee to hip level, [12]. Adding on, reach both hands to touch sides of knee as it comes up. To add challenge march with higher knees - [12] / [C] plus move at half tempo, imagine lifting your feet out of sand.

Jacks -- Coordinate arms and legs in an alternate one leg jack. Step to [3], shift weight onto RL + do a small squat, then return to stand tall [C]. BA move [3] / [9] jumping-jack style, lifting up to a comfortable height as you dip down. **Repeat other side.

Leg Curls -- Coordinate arms and legs in an alternate leg curl. Lift RL heel up [6] toward buttocks. BA curl up with one leg curls [6] - and extend down when leg straightens [C].
**Repeat other side. To add balance challenge: hamstring curl [6] / [C], at half tempo.

Lunge Back -- coordinate arms and legs in an alternate lunge back. Step RL backward, push heel down to stretch calf, then bring leg [C]. At the same time BA swing up + palms up, hands rotate and BA push back. **Repeat other side.


Cross Front & Cross Back -- Balance on RL, step LL foot cross front and back= [1] → [5]. Bring knee up, cross front and tap toe, then bring knee back up and cross tap behind. Repeat 8x. **Repeat other side.

MAIN WORKOUT: Pace: 60 beats per minute; To add challenge move at 100 bpm.


Time: 18 minutes – one minute per exercise (3 sets)

Instructions:

2. **JOG** -- Coordinate arms and legs in an alternate high knee jog. Powerful posture, focus on engaging back of shoulders as elbow pulls behind the torso.
3. **LUNGE FRONT, *X-Country Ski*** -- coordinate arms and legs in an alternating lunge forward [12], step [C]. Opposite arm to leg = RA + LL steps forward; return C; LA + RL move forward. **Repeat other side.


 SEATED – Stable chair; a padded seat or a thick towel will help keep you comfortable.

4. **KICK FRONT (bend knees) – *aka: Sit Kick*** -- Hold chair seat with BA behind hips, soft elbows, stabilize shoulder blades back & down, keep upper back engaged and spine in a diagonal line. Start with knees bent, toes on floor. Engage core, navel to spine. Alternate kick at hip level, keep knee soft. Simultaneously bend opposite knee, toes to floor. To add challenge kick with higher knees - [12] / [C] plus move at half tempo, imagine lifting your feet out of sand.
5. **KICK CENTER FLUTTER** -- Hold chair seat with BA behind hips, soft elbows, lean back slightly with strong core. Extend long leg, knee straight, tap 3xs. Small comfortable motion to start. **Repeat other side. To add challenge, make 3x kicks bigger, **slower**, more controlled, and squeeze quads at the top of the kick.

 STANDING – facing the chair

6. **KICK FRONT CROSS-TOUCH – * Stretch Hamstrings & Low Back* --** Balance on LL foot, heel on floor. Kick RL across to chair level, leg extended, knee soft, tap seat with toe. Hamstrings RL stretch 8x. **Repeat other side.
7. **LUNGE CROSS-BACK -- * Curtsy * --** Hands can hold chair if your balance is excessively challenged. Bend knees, RL step back [7], cross behind LL. Hips lower and stay centered. Return to [C], 8x. **Repeat other side. To add challenge cross back farther [9] / [C] plus move at half tempo, imagine lifting your feet out of sand.

Repeat 2 more times, a total of 3 sets – { 23 minutes }

 STANDING – lots of arm room

8. ARMS & UPPER BODY COMBO:

Pace: 60 bpm ~ To add challenge move at ½ tempo.

Your upper body will strengthen and lengthen with these moves. Use light weights or soup cans with these five exercises to add challenge.

Time: 5 minutes – one minute per exercise


Punch Jab - Stand with feet wide, knees soft, [3] / [9], like a Sumo wrestler. Toes point in the same direction as knees. Alternate punch forward jab, palms open, fingers spread, pointed up. Pull elbows [6] behind rib cage & engage back muscles.

Arm Curls - Stand in a lunge, RL forward [12]. Pull elbows behind rib cage [6], shoulders down. Palms down, fingers spread, extend arms down & back [6] for triceps. Curl arms up. Palms up & forward [12] for biceps. **Repeat LL lunge forward at 30 sec.

Row - Stand in a lunge, RL forward [12]. Extend arms out to side [3/9], fingers spread, thumbs up. Swing arms forward to center (reverse breaststroke). Pull elbows back behind rib cage [6] & engage back muscles. **Repeat LL lunge forward [12] at 30 sec.

Jack Arms - Stand with feet together, knees bend, squat down. Extend arms out at sides [3] / [9], palms down. Stabilize shoulders down and back. Push arms down and imagine pushing them down into sand, HEAVY & SLOW, then raise up [3] / [9].

Push Out & Swing Back - Stand in lunge, RL forward [12], BA forward [12], thumbs up, fingers spread, elbows back. Push out RA and swing backward. Repeat with LA, then BA (breaststroke). Engage back and shoulder muscles as arm(s) swing backward. Imagine pushing arms through sand so that you move slowly. **Repeat LL lunge forward at 30 sec.

 STANDING – facing a cabinet, or using a wall

9. FULL BODY COOL DOWN:

Pace: Controlled, hold comfortable stretches, and slowly InH & ExH..

Your whole body will stretch & lengthen with this cooldown. You are done with your workout after these ten moves.

Time: 6 minutes – half a minute per exercise

Hamstrings - Place one foot onto chair, cabinet or wall with heel flat, InH. Shift hips back, ExH. Hold and breathe slowly. At 15 sec change legs, repeat with other foot at same height.

Inner Thighs (Split + Lunge) - Step both feet wide on floor, hold a countertop. Shift weight from side to side. Inner thigh stretches on RL, while opposite LL knees bends. Alternating sides with InH & ExH.

Knee Out (figure 4) - Sit in a chair -OR- balance on RL, comfortably cross LL over RL shin or thigh, externally rotate LL knee. Bend standing leg into a slight sit. (I call this one the “pain in the butt” stretch, it is a stretch for your sciatic nerve.) At 15 sec change legs and repeat.

Knee In - Balance on LL, raise RL knee up to hip level. Opposite hand pulls RL thigh inward and across. At 15 sec, change legs and repeat with other leg at same hip level.

Quadriceps + Calves - Stand in lunge with RL foot’s toes on kitchen cabinet, knee soft. Press heel down for calf stretch. LL steps back for quadricep stretch. Hold for 15 seconds, change legs.

 STANDING – lots of arm room

Shoulder + Back - Reach arm across torso, pull forearm inward with free hand. At 15 sec, change arms, repeat with other arm, use equal inward pull.

Chest + Shoulder - Reach arms back and down, pulse your hands together behind hips [6] - OR- clasp hands. Push arms down, pull shoulder blades back and open chest.

Arm Swings - Palms face body, swing arms forward and back around hips. Loosen shoulders and relax neck. Use bigger swings if it feels good.

Rotator Cuff – (aka: Naughty Hostess) -- Elbows anchor to sides of rib cage [3] & [9]. Forearms pivot in and out slowly at waist level. As arms open rotate palms up, thumbs point back; rotate palms down when closing.

Rocking Horse + Figure 8 Arms – (aka: Pegasus) - Stand in lunge, toes point forward [12], knees soft. Rock weight onto forward leg then rock onto back leg. BA swing in a figure-8 at sides of torso. At 15 seconds, change legs and repeat with same size lunge.

You are done!

Bravo!

This routine takes approximately 35 minutes. Put it on your schedule, ideally 5 days a week but 3 will do in a pinch. Create a HABIT of exercise, make a routine, and stick to it.

REMEMBER: *(These signs are up on the pool sanctuary wall, right below the turtles.)*

BREATHE.

ENGAGE YOUR CORE.

CONCENTRATE ON YOUR MUSCLES.

STRONG POWERFUL POSTURE.

Resources and References:

<https://www.diabetes.org/fitness>

www.AbilityFix.com

www.YouTube.com/AbilityFix