

# City of Coquitlam

## Home Workout Volume 5

Focus: Backyard Workout – Endurance – 3 sets, 15 to 20 repetitions

### Exercise 1: Squat Row



**Step 1**

Wrap a resistance band or elastic tubing around a post, hook, or tree. Stand tall with your back straight, arms extended in front of you, and knees slightly bent.



**Step 2**

Squat down until your knees are at 90 degrees. While squatting, pull your arms back in to a row. Squeeze your shoulder blades together as you pull. Exhale going down, inhale going up.

## Exercise 2: Bench Push-Ups



### Step 1

Place your hands on the bench shoulder-width apart. Start with a slight bend in your elbows, and a straight line through your torso. Remember to flex that core!



### Step 2

Lower your body until your elbows are at 90 degrees, then push yourself back up. Inhale going down, exhale going up.

### Exercise 3: Tricep Kickbacks



#### Step 1

Step forward with your left leg, and hold your weight in your right hand. Lean forward at the hips, and keep your back straight.



#### Step 2

Extend your right arm at the elbow, and lift the weight as high as you can. Make sure all the movement is in your elbow, rather than your shoulder. Exhale going up, inhale going down.

## Exercise 4: Bicep Curls



### Step 1

Stand up tall with your back straight and a slight bend in the knees and elbows. Hold a couple dumbbells or substitute with cans or bottles.



### Step 2

Curl your hands up towards your shoulders. Keep all the movement in your elbows – try to avoid swinging your back or shoulders. Exhale going up, inhale going down.

## Exercise 5: Tricep Dips



### Step 1

With both feet on the floor, place your hands on a bench with your knees bent to 90 degrees and a soft lock in the elbows



### Step 2

Lower your body weight until your elbows are bent to 90 degrees, then push yourself back up. Inhale going down, exhale going up.

## Exercise 6: Plank



### Level 1

From your knees and elbows, engage your core and your glutes. Hold your torso in a straight line for 30 – 60 seconds.



### Level 2

From your toes and elbows, engage your core and your glutes. Hold your torso in a straight line for 30 – 60 seconds and breathe throughout.