



**UCR Wellness Program**

# **Live Fit, Live Well Exercise Routine**

**Brought to you by:**

*UCR Wellness Program for  
Academic and Staff*

*Environmental, Health & Safety*

*Recreation Center*

**LIVE FIT | LIVE WELL**

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# General Information

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## Exercise disclaimer

In the interest of your safety, it is important to check with your physician before beginning any exercise program and to exercise according to your fitness level and capabilities. If you have any questions, please seek the guidance of a wellness/fitness/health professional.

## Exercise recommendations

**Cardiovascular exercise:** Set a goal of at least 30 minutes of moderate activity five days/week or 20 minutes of vigorous activity three days/week. You may divide your 30 minutes into shorter sessions of 10 minutes each.

**Strength training exercises:** Do strengthening exercises for all your major muscle groups at least twice a week, on alternating days to allow muscle recovery.

**Stretching:** It is recommended that you perform a total body stretch before and after your workout. All major muscle groups should be stretched on a daily basis. Hold each stretch for 15-30 seconds then repeat 2-3 times. Do not bounce.

## Workout guidelines

**Beginner:** Perform 1-2 sets of 8-12 reps for each exercise. Rest at least 30 seconds between sets.

**Intermediate:** Perform 1-2 sets of 15-20 reps for each exercise. Rest at least 30 seconds between sets.

**Advanced:** Perform 2-3 sets for 15-20 reps for each exercise and/or perform as a circuit. To perform as a CIRCUIT, continue through all of the exercises and repeat for a total of two to three sets.

**All:** Warm up and stretch 3-5 minutes at the start of your session and cool down and stretch at the end of each session.

## Tubing guidelines and precautions

- Inspect tubing for tears before starting your workout.
- Hold the band securely.
- You can adjust the level of tension on the tubing. The looser the tubing, the easier the resistance will be. To make the resistance greater, adjust your hand position on the tubing.
- Keep wrists in neutral position throughout each exercise movement.
- Do not hyperextend or lock your joints.
- Breathe evenly and exhale during the exertion phase of the exercise.
- Stop exercising if you don't feel well or feel pain while performing an exercise movement.
- All exercises can be performed with bands or free weights

# Strength Training — Lower Body

## SQUAT

- Stand straight, chest up, shoulders back and feet shoulder width apart. (Tubing optional)
- Keeping your back straight and abdominals tight, squat until your legs are close to a 90-degree angle.
- Keep your weight in your heels and make sure your knees do not extend past your toes.
- Return to standing without locking your knees.
- This can also be performed with dumbbells held in each hand or no weight.



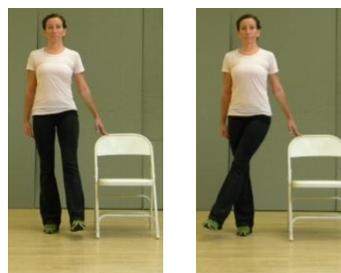
## LUNGE

- Step forward with one foot. (Tubing optional)
- Lower your body towards the floor keeping your body upright and forming a 90-degree bend at the knee.
- Make sure your front knee does not go past your toes.
- Return to standing without locking your knees. Switch legs and repeat.
- This can also be performed with dumbbells held in each hand or no weight.



## STANDING LEG ADDUCTION (Inner thigh)

- Stand upright, using a chair for support if needed.
- Raise one foot slightly off of the floor.
- Move your raised foot inward crossing over and beyond your opposite foot.
- Return to the starting position.
- Repeat with your other leg.
- Optional: Loop a Thera-Band® around legs or use an ankle weight for added resistance.



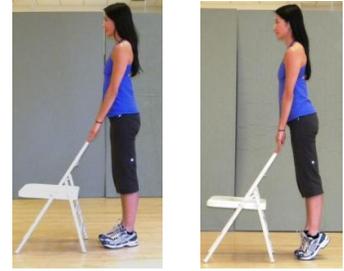
## STANDING LEG ABDUCTION (Outer thigh)

- Stand upright, using a chair for support if needed.
- Raise one foot slightly off of the floor.
- Move your raised foot outward, away from your opposite foot.
- Return to the starting position.
- Repeat with your other leg.
- Optional: Loop a Thera-Band® around legs or use an ankle weight for added resistance.



## STANDING CALF RAISE

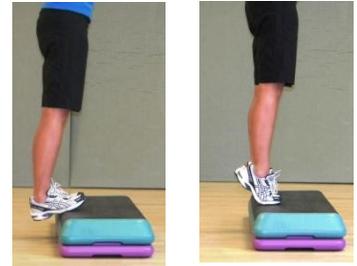
- Stand upright, using a chair for support if needed.
- Lift your heels off of the floor supporting your weight on the toes and the balls of your feet.
- Return to the starting position.
- For a more advanced workout, perform this exercise one foot at a time.



Modification:

- For a greater range of motion, perform the exercise on a step or stair.

**Modified**



## Anatomy: Lower body muscles

### Leg muscles

The leg has many muscles that allow us to walk, jump, run and move. The main muscle groups:

#### Quadriceps

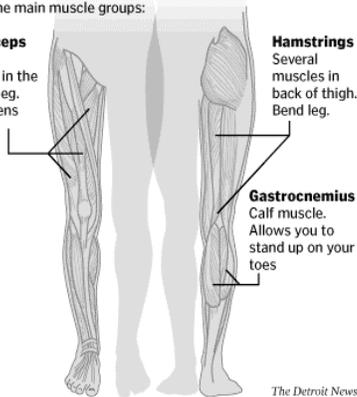
The big muscles in the front of leg. Straightens leg.

#### Hamstrings

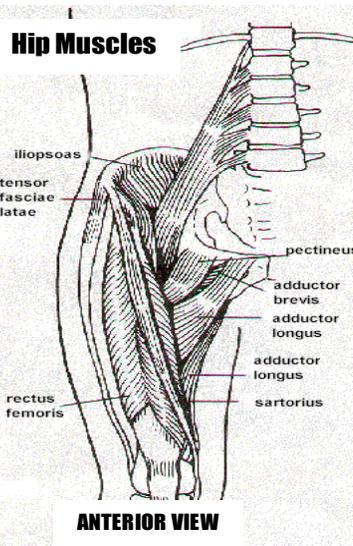
Several muscles in back of thigh. Bend leg.

#### Gastrocnemius

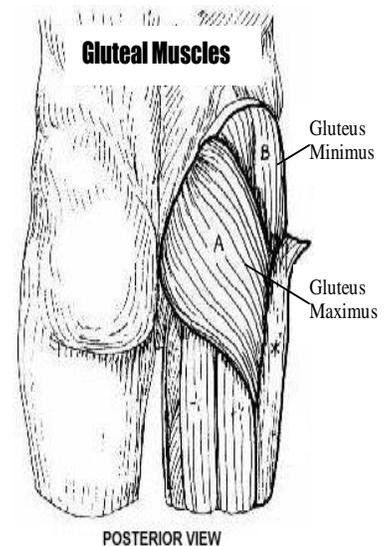
Calf muscle. Allows you to stand up on your toes



*The Detroit News*



**ANTERIOR VIEW**



**POSTERIOR VIEW**

# Strength Training — Upper Body

## SEATED ROW

- Sit on the ground with feet extended, knees slightly bent, and back straight. Place tubing around feet.
- Pull elbows back while squeezing shoulder blades together.
- Return to the starting position.



## REVERSE FLY

- Use light to medium dumbbells or water bottles as weights.
- Begin in a seated position, bent over, with arms hanging down, and weights under the knees.
- Keep the back straight and the abs engaged.
- Lift your arms out to the sides, up to shoulder level, squeezing shoulder blades together.
- Keep your elbows slightly bent.
- Return to starting position.



## PUSH-UPS

- Place your hands on the floor slightly wider than shoulder width apart.
- Keep your knees on the floor or balance on your toes (more advanced).
- Lower your entire body to a 90-degree bend in the elbows, with your chest a few inches from the floor.
- Push up until your arms are straight, but not locked.

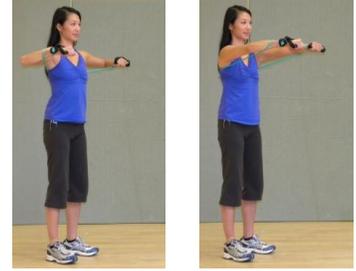


### *Modified*



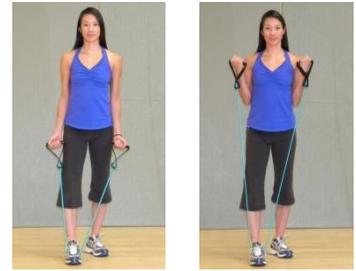
## CHEST PRESS

- Wrap tubing behind your back.
- With your palms facing down towards the floor, run the tubing across the elbow joint, along the forearm, grasping tubing in your hands.
- With arms at 90 degrees, straighten your arms in front of you without locking your elbows.
- Bring arms together towards the midline of the body and reverse movement back to 90 degrees.



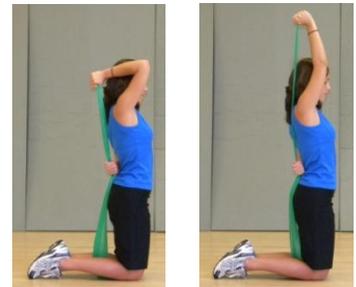
## BICEP CURL

- Anchor tubing under one or both feet standing shoulder width apart.
- With palms facing away from you, bend at the elbows, raising your hands towards your face. Squeeze your biceps at the top without moving upper arm.
- Return to the starting position.



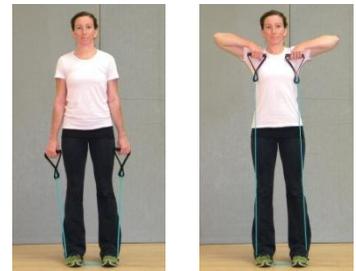
## OVERHEAD TRICEP EXTENSION

- With one arm, hold band up behind your back.
- With your opposite arm, grab onto band.
- Keep your top arm/elbow next to your ear and wrist straight.
- Straighten arm up towards ceiling.
- Do not lock your elbows.
- Return to starting position.



## UPRIGHT ROW

- Stand on the tubing with one or two feet.
- Stand straight, chest up and shoulders back, hands by your side, palms facing towards your body.
- Raise your hands towards your face, keeping elbows high. Stop when hands are about level with your chin.
- Lower to starting position.



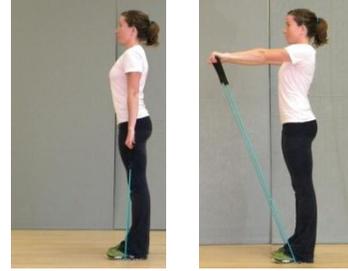
## SHRUG

- Anchor tubing under both feet, standing shoulder width apart.
- Stand straight, chest up and shoulder blades back, hands by your side, palms facing towards your body.
- Raise your shoulders up towards your ears and release down.



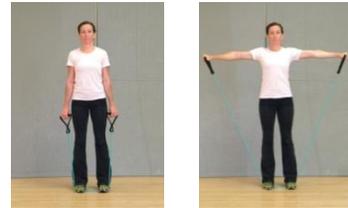
## FRONT RAISE

- Stand on the tubing with one or two feet, standing shoulder width apart.
- Stand straight, chest up and shoulder blades back, hands by your side, palms facing towards your body.
- Raise arms in front of you to shoulder height, keeping knees slightly bent throughout the movement.
- Return to starting position.

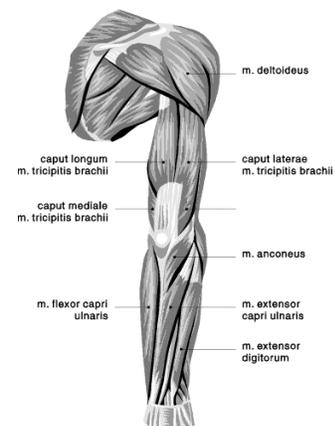
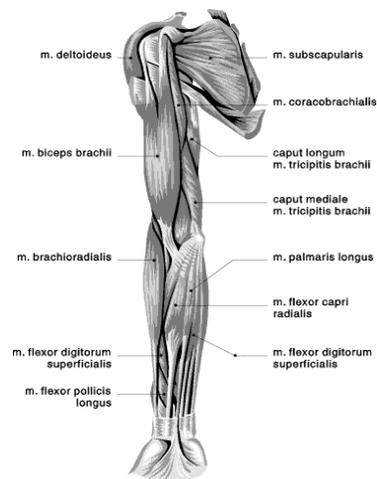
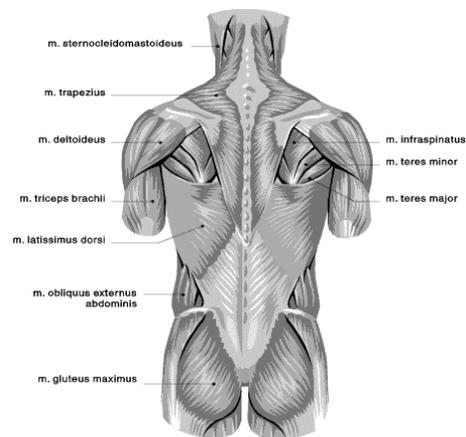


## LATERAL RAISE

- Stand on the tubing with one or two feet, standing shoulder width apart.
- Stand straight, chest up and shoulder blades back, hands by your side.
- With palms down, thumbs facing forward, raise your arms out to the sides to shoulder height.
- Keep elbows slightly bent, not locked.
- Return to starting position.



## Anatomy: Upper body muscles



# Core Strengthening

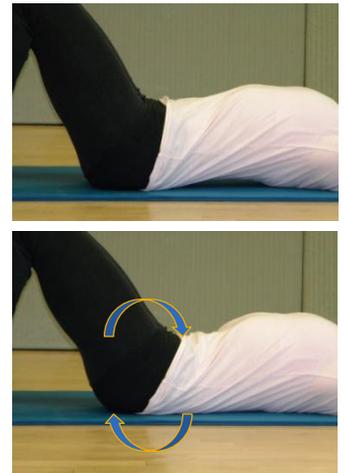
## Core strengthening guidelines

Core strengthening should be performed on most days of the week. Think of your core as a strong column that links the upper body and lower body together. Having a solid core creates a foundation for all activities, and is especially important when you add a heavy load, such as weights, to your workout.

It is important when you are strengthening the core that you create balance between the muscles of the abdomen and the back. Many people will naturally have an imbalance between the strength of their abdominal muscles and the lower-back muscles. Performing these exercises will help to develop and strengthen those muscles.

### PELVIC TILT

- Lie on your back with the knees bent and feet flat on the floor. (Neutral position)
- Inhale then as you exhale, gently rock your hips towards your face, pressing your lower back into the floor. Your buttocks do not leave the floor.
- Hold for a few seconds then inhale and return to your neutral position.
- Repeat this movement 5 to 10 times.



### BRIDGE

- Lie on your back with knees bent, feet flat on the floor, and arms down by your sides.
- Lift hips up until body is straight. Hold then return hips to the floor.
- Complete 15-20 repetitions, 1-3 sets.



### CRUNCH

- Lie on your back with knees bent, feet flat on the floor, and hands behind your head.
- While squeezing abdominals, lift chin towards ceiling and exhale raising only your shoulder blades off the floor. Return to starting position and repeat.
- Complete 15-20 repetitions, 1-3 sets.



## SUPINE REVERSE CRUNCHES

- Lie on your back with legs lifted, knees bent at a 90 degree angle, and hands behind your head. Exhale, contract your abdominal and hip flexor muscles, and slowly raise your hips off the mat. Hold this position briefly.
- Inhale and lower your spine back towards the mat slowly.



## OBLIQUE CRUNCH

- Lie on your back with knees bent, feet flat on the floor, and hands behind your head with elbows open out to the side.
- Twist torso, lifting your shoulder in the direction of the opposite knee, without moving feet or knees. Return to starting position and repeat.
- Complete 15-20 repetitions, 1-3 sets.



## SEATED TRUNK ROTATIONS

- Sit on the floor with knees bent, feet together, heels on the floor, and back straight. (Optional: Hold weight or medicine ball for added resistance.)
- Exhale and slowly rotate your torso to one side
- Inhale and then gently exhale while rotating completely to the opposite side. Repeat the movement back and forth.

**Advanced:** Lean back halfway to the floor and lift your legs off the floor. Keep your knees bent and feet together during the exercise. With each rotation bring the elbow close to, but not to rest on the floor.



## SUPERMAN

- Lie on your back with your legs extended, toes pointing away from your shins, arms extended overhead with palms facing down towards the floor. Relax your head to align it with your spine.
- Exhale, contract your abs and slowly raise both legs a few inches off the floor and raise both arms a few inches off the floor simultaneously
- Keep both legs and arms extended and hold briefly.
- Inhale and gently lower your legs and arms back towards starting position



## BIRD DOG (Alternating Arm and Leg Lifts)

- Position yourself on your hands and knees, back straight, and head in line with your spine.
- Raise left arm straight in front of you and raise your right leg straight behind you.
- Hold this position for 5 seconds. Return to starting position and switch sides.
- Complete 15-20 repetitions, 1-3 sets.



## PLANK

- Place elbows at a 90-degree angle on the floor, head looking down, and toes on the floor.
- Keep your core tight, back straight and hold the position for 30-45 seconds. Repeat 2-3 times.



# Stretching

Stretching is an important part of any exercise program. Stretching helps to improve flexibility, range of motion, lengthen muscles, enhance blood flow, reduce muscular discomfort and soreness, and improve posture.

- Hold each position for 15-30 seconds.
- Do not bounce during the stretch.
- Take each stretch to a point of gentle tension and hold, breathing normally
- Stretching should be relaxing, not painful.
- Perform a total body stretch after each workout

## QUADRICEP STRETCH

- Gently pull heel toward buttocks until stretch is felt.
- Hold 15-30 seconds. Repeat with other heel.



## HAMSTRING STRETCH

- Sitting on the floor with one leg extended, other leg bent.
- Reach forward towards ankle and foot of extended leg, bending at the waist, keeping chest lifted until stretch is felt.
- Hold 15-30 seconds. Repeat with other leg.



## THIGH (ADDUCTOR) STRETCH

- Sit on the floor with knees bent and parallel to the floor, with soles of feet facing each other.
- Grasping feet with hands and bending from hips, gently pull forward until stretch is felt in the hip area.
- Hold 15-30 seconds.



## CALF STRETCH

- Face a wall and stand a foot away from it. Place hands on wall for support.
- Extend one leg behind you, keeping both feet flat on the floor, and knee of your extended leg straight.
- Lean toward the wall until you feel tension in the calf muscle of the extended leg.
- Hold for 15 seconds.
- Repeat with the other leg.



## BACK STRETCH

- With fingers interlaced and palms out, straighten arms out in front of you.
- To deepen the stretch, tilt head down towards chest.
- Hold 15 seconds.



## CHEST/BICEP STRETCH

- With fingers interlaced behind back, press arms down and back.
- Hold 20 seconds.



## TRICEP STRETCH

- Pull elbow behind head until stretch is felt.
- Hold 15-30 seconds. Repeat with other elbow.



## SHOULDER STRETCH

- Pull arm across chest grasping at the elbow
- Keep shoulders down and away from ear. Hold 15 seconds.
- Repeat other side.



## OVERHEAD REACH

- Interlace fingers above head.
- With palms facing upwards, push arms slightly back and up.
- Hold 15 seconds.



## ABDOMINAL STRETCH

- Lie on the floor on your stomach.
- With palms flat on the floor, slowly extend your arms.
- Keep the shoulders down and away from the ears.
- Hold this position for 30-60 seconds.



## LAT STRETCH (Child's Pose)

- Kneel on the floor placing palms flat on the floor in front of you.
- Shift your weight back over your heels, lengthening your spine, relaxing your head and neck, and reaching forward through your fingertips.
- Breathe deeply and hold for 10-30 seconds



## LOWER BACK STRETCH

- Lying flat on your back, bring knee to chest and hold. Hold 15-30 seconds.
- Repeat with other knee.



# Contact Information

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