

January REACH Gym Circuit

2-3 sets of 12 reps (2x12 or 3x12)

Instructions: Start with the warm up, and then find the REACH Gym Circuit cards around the Wellness Center Gym. Do one set of 12 reps, and rest for 1min. Do another set. For beginners, start with 2 sets. If you feel up to it, go with 3 sets! Then move on to the next circuit card!

8min Warm Up – Do at least an 8min cardio warm up on a bike, treadmill, or Nustep to warm up the body and get ready to work out.

Dumbbell (DB) Deadlift – Place the dumbbell on the floor. With good back posture, sit back and squat down to pick up the dumbbell and stand up, pushing through the heels and squeezing the glutes at the top.

Chest Press Machine – Sitting at the machine, make sure the handles are at chest height (adjust the seat accordingly-knees should be at 90 degrees). If you do not have the Range of Motion, use the foot pedal to push the arms out. Once you have both handles, slowly let go of the foot pedal (no dropping!) and place both feet on the ground. Push out with the hands and straighten the arms, not locking them out. Bring it back slow and controlled. Repeat!

Leg Press – (ask the floor attendant for help for the first time you use this equipment!) Place yourself in to the seat. Bring your feet up on the foot plate, shoulder width apart. Place your feet so you can also see your toes and easily push from the heels. Using the small unlocking handle, bring yourself as close to the foot plate as comfortably possible. Let go and let the seat lock into place. Push through the heels and straighten your legs, but not locking them.

TRX Row – Make sure both handles are even (ask the floor attendant for help!), and stand 4-6 feet away from the cable machine it is attached to. Slowly lower yourself back, keeping a good posture and straight back. Pull yourself up keeping your elbows close to your body and squeezing the shoulder blades. Under control, let yourself come back down until your arms are straight.

Plank – Place your hands on the counter or large table, with your arms straight, keep yourself held up for 20s at a time. Keep a straight line from your head to your heels, not letting the hips raise or lower too much. Brace your core and squeeze the glutes. Once you get more comfortable and it becomes easier, hold for 30s, or lower yourself down from the counter to the table. Or the table with feet on the floor to feet also on the table.

Band Pull Aparts – Grabbing a band from the band tree, place one end in each hand with your palms facing up to the sky and thumbs out to the side. Stand tall with your knees slightly bend and your hips back, raise the band to chest level. Then pull apart straight back to your sides with your arms straight and squeezing the shoulder blades. Slowly let them come back to

starting position and repeat. If it is easy, bring your hands closer together. If it is still easy, grab a tougher band!

Crunches – Find yourself a comfy spot on the table, no pillow. Bend the knees until your feet are flat on the table. Using your core, lift yourself up and to your knees until your shoulder blades are off the ground. This is NOT a full sit up, only go until the shoulder blades are up. Hold at the top for 1 solid second and slowly let yourself back down.

Stretch – Something extra tight? Something extra sore? Use the mat, and use the green straps and give yourself a good solid stretch. Be sure to hold each for at least 30 seconds at a time.

Need some new stretch ideas or have any questions about working out around injuries? Ask the attendant on the floor or contact Bryan at brom1137@gmail.com or David at dvdarcher@csu.fullerton.edu!