

February REACH Circuit Guide

8 min Warm up – Bike, Recumbent Bike, Treadmill, Nu Step

DB Front Squat – Hold the dumbbell just below the chin with hands on the larger part of the dumbbell. Keep it there while performing a squat. Sit back like you're sitting in a chair, keep all your weight on your heels, go as far down as you can comfortably, and push through the heels coming back to the starting stance. Don't forget to keep your knees in line with the knees and don't let them cave in!

Push Up – 2 options! Normal push up from the toes and hands OR modified from your knees and hands. Make sure you keep a straight line from your head to your tailbone (and onto the heels if in normal stance). Brace your core, squeeze the glutes, and use your arms to lower yourself as low as possible without touching the ground. Push through the palms of your hands to the starting position.

Lunge – With 1 dumbbell in either hand, start with your feet hip width apart. Step out with one leg and lower yourself down bending both knees, with the eyes forwards and posture straight. Lower as low as comfortable and push through the heels back up to starting position with your feet shoulder width apart. Do not touch the feet together, keep a good strong base with your feet!

SA Bent over row – Find a stable chair or bench/table. Bring your feet 3-4 feet away, and place one hand on the bench. In this position, your back should be flat and parallel with the ground with your knees bent. Brace the core, and let the dumbbell hang in the offhand. Pull up with the elbow, raising it as high as you can. Slowly under control, lower it back down all the way. Repeat!

Modified Side Plank – Find a comfy place on the ground or the table and start in a sideways position, with your knees bent at 90 degrees and one forearm supporting you. Lift your hips up so they form a straight line from your head and knees. Hold for 20 seconds. If that's too easy, go for 25! Add on 5 seconds at a time until it doesn't seem to easy. Ask a floor attendant to help time and check form!

Is Ys Ts – Standing up, with no weights at first, make a fist with your thumbs sticking out. Lead with the thumbs and make "Is" with your arms. Do 5 reps. then rotate your thumbs 45 degrees, and may a Y with your arms. Do 5 reps. Then stick your thumbs at your sides, and make a "T" with your arms. Only bring them to parallel with the ground and do 5 reps. If that's not enough, go up to 8 reps. Once those get easy, add some 2lb dumbbells!

Dead Bugs – 2 options! Both require laying on a flat surface. Lay on your back and bring your legs to a 90° angle, then fully extend your arms so they are pointing towards the ceiling. Simultaneously, extend your arms and legs (they are going in opposite directions down towards the ground) and then bring them back up to the starting position. While you are completing this movement, stabilize your core and make sure to keep your hips and back glued to the ground. Try the modified version if it hurts your back or hips. A modified version is to not move your legs (keep them at a 90° angle) and only move your arms back towards your head.

Bicep Curls – Get 2 dumbbells, one for each hand. Stand tall, with soft slightly bend knees, and with the hands down at your thighs. Raise both up ALL the way to the shoulder and lower under control ALL the way down for a full ROM (range of motion)!

Stretch – Stretch what is sore and tight! Ask a floor attendant for a stretch strap and some pointers!