

# **March REACH Gym Circuit**

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

**Instructions!** For March, we have a cable and pulling exercise focus! 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 the other. For beginners, start with 2 sets. If you feel up to it, go with 3 sets!

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

**Goblet Sumo Deadlift** – Similar to a regular deadlift, but we are starting with our feet wider than shoulder width apart and with the toes slightly pointed out. Start 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.

**Shoulder Press** – Sitting on the edge of a chair or the table, grab two dumbbells and start with the elbows bent and the weights at the shoulder. Push the weights straight up over head, and lower them back down slow and under control to the starting position. To make it tougher, go from a standing position!

**RDL** – Time to work on our hip hinges that we have been doing in David's and Bryan's classes! With a kettlebell or a dumbbell, start with your feet hip width apart. With your back straight and slightly bent knees, hold the weight in front of you. Then hinge (do not bend or hunch!) from the hip down until you feel your upper back give way or the hamstrings begin to be too stretched. Under control, use your hamstrings and glutes to come back up to the starting position, squeezing the glutes at the top while keeping a good posture.

**Cable Row** – At the cable machine, set a chair 5 feet away from the machine. Lower the cable arm to chest height (ask for help if you need it!) and attach 2 single handles to one carabiner. There should be 6-12 inches of cable between the machine and the handle! Grab the handles, sit straight up with a good posture, and pull back with the elbows and squeezing the shoulder blades for a full range of motion (ROM). Relax the arms and go back to starting position.

**SB Rollout** – Get yourself a stability ball (located in the corner on the racks) and grab one that is close in height to your knees. Starting from your knees on a mat on the ground or the table, have your hands about 2/3 of the way up on the ball in front of you. Bracing your core and having a slight bend in your elbow, slowly and under control roll your forearms on top of the ball going into a plank position. Hold for 2 seconds, and slowly come back to starting position.

**Cable Lat pull** – Attach the long bar to the carabiner on the cable machine and set it all the way up. Adjust the chair so it is no more than 2 feet away from the machine. With a wide grip with palms facing away from you, grab the handles. Using your elbows, pull down keeping your

knuckles in line with your wrists and in line with your elbow. Squeeze the shoulder blades and slowly let it back up.

**Single Arm Farmer Carry** – Locate one dumbbell over 12lbs. Holding in one hand, keep an upright posture and walk 12 feet up with one hand. Turn around and switch hands and walk back. Make sure that the weight is not pulling you down and that the other side is not over compensating too much by leaning to the opposite side. To make it tougher, walk up and back with one arm before switching!

**Cable Tricep Extension** – Attach one of the shorter bars to the cable machine and raise it above number 32. Grip the bar close to the carabiner and stand about a foot away from the machine with knees slightly bent. Lower your elbows to your side with your hands up towards the collar bones and chest. Keeping your elbows at your side the ENTIRE time, push down with your hands and fully extend the elbows. Slowly and under control, let it come back up while keeping your elbows down at your side.

**Bike crunch** – Find a comfy spot on the table or floor with a mat. Bring your feet up bending the knees at 90 degrees. With your hands behind your head, crunch together the elbow to opposite knee. Come back to starting position and do the opposite side. Start slow, and when you feel comfortable, speed it up a little! Do 12 reps on each side for a total of 24!

**Superman** – Using the same table or mat as the crunches, start laying face down, with your arms out wide in front of you and your feet slightly wider than shoulder width apart. All at once, squeeze your arms, back muscles, hamstrings, and glutes up with your hands and arms going above your shoulder and your heels and legs going above the glutes. Squeeze for 2 solid seconds and relax. Then repeat!

**Stretch** – Use the TRX to try some new stretches for the lats and lower back! Keep stretching what is sore and tight. Goal for this month is to ask a floor attendant, David, Regina, or Bryan for a new stretch you haven't tried before!

Remember, if you need some new workout ideas or have any questions contact Bryan at [brom1137@gmail.com](mailto:brom1137@gmail.com), David at [dvdarcher@csu.fullerton.edu](mailto:dvdarcher@csu.fullerton.edu), or Regina at [reginarparckys@gmail.com](mailto:reginarparckys@gmail.com)