

July 2024 Video Library: FITNESS

Welcome to training!

Physical fitness is deemed medicine by many, building strong agile bodies to help prevent injury and even disease. And a recent study (The British Medical Journal) states that exercise can be 1.5 times more effective than medication for treating many mental health issues.

And besides, exercise is fun and you always feel great after!

Sandy

Cross Train: Partner 21s, Tabata and Core Ladder

A great mix in this workout, alternating between single-sided tabata and Partner 21s (I'm your partner)! Then we move onto a Core Ladder set, which includes full body core, deep abs, and obliques. It's done before you know it! Props: weights, mat, towel, water. 45 minutes.

Cross Train: Rotation and Lateral

Wake up your sides and flow! Straight forward Super Sets: pairs of exercises which incorporate some form of twisting, side-bending and combos thereof. Includes atlas circles, windmill, ribbons, bicycles and supine twist! Props: weights, mat, towel, water. 45 minutes.

Cross Train: Repetition Ladder, Cardio and Core

Pack a lot in with this workout! We have 3 mini circuits, each with a repetition ladder, 45 sec of a cardio/lower body push, and 45 sec of core on the floor. The repetition ladder incorporates a single sided exercise, where you do 1 rep on each side, then 2 reps, etc til you get to 5 reps each side. Props: weights, mat, towel, water. 45 minutes.

Movement for Stiff Bodies: Descending Sets

Count your way through this workout! With descending super set, we do 10 reps of each exercise, then 8, 6, 4, 2 and done. Includes Figure 8s, alternating back lunges, triceps/leg extension, 1 hand alternating swings and more faves! Props: 2 small weights and 1 heavy, mat, towel, water. 45 minutes.

Movement for Stiff Bodies: Yoga-Inspired, Namaste

In my world, yoga and fitness are a perfect yin/yang, both incorporating strength and flexibility, stability and flow, good form and mobility. In this 'workout', we include downward dog/plank/updog, Eagle twist and crunch, Tree balance and scapula work, Triangle and reverse. Love it! Props: weights, mat, towel and water. 45 minutes.

Movement for Stiff Bodies: Upper vs Lower vs Time Trial

Work through super sets (an upper body exercise paired with a lower body one) for 45 seconds, 3x through. Before moving to the next super set, we do a time trial! This includes 3 exercises each done for 10 reps with no break, and you time yourself with an app on your phone or watch. (I start a timer each time too if you don't have one handy.) Fun! Props: weights, mat, towel, water. 45 minutes

Mindful Fitness for Aging Well: Cardio vs Upper plus Core Tabatas

A great mix of cardio, lower and upper body strength and core work here! Super sets to get your heart rate up, strengthen your legs and your upper, 3 x through with 10 reps. Then we cut to a Tabata set with a focus on your core . . . all of it! Props: weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: ~~HIIT~~ VIIT Circuits with Arm Finisher

We're adapting what used to be called HIIT (high intensity interval training) to VIIT intensity, meaning you customize each exercise so it's appropriate to your needs. We have 45 seconds of a dynamic exercise paired with 15 seconds of active rest, done 3 times through and then we rest! There are 6 of these pairs so we get a lot done. And an awesome Arm Finisher at the end! Props: your weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: 3 x 3 x 3

We have 3 circuits (one on cardio, one on core, and one on upper), which each have 3 exercises, and we work through them three times each! Incorporated in this workout are a number of shoulder and hip openers. Props: your weights, mat, towel and water. 60 minutes