

**THE FITNESS CENTRE**

# MONTHLY

**RESOURCES**



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# MONTHLY

RESOURCES

## DISCLAIMER

*Please consult your physician before starting any exercise programs. Go at your own intensity and listen to your body. Stop immediately if you feel faint or any pains. The listed workouts are examples only and may not be suitable for everyone. Ask the fitness centre staff if you have any questions on the exercises or for alternatives.*

## CONTACT US

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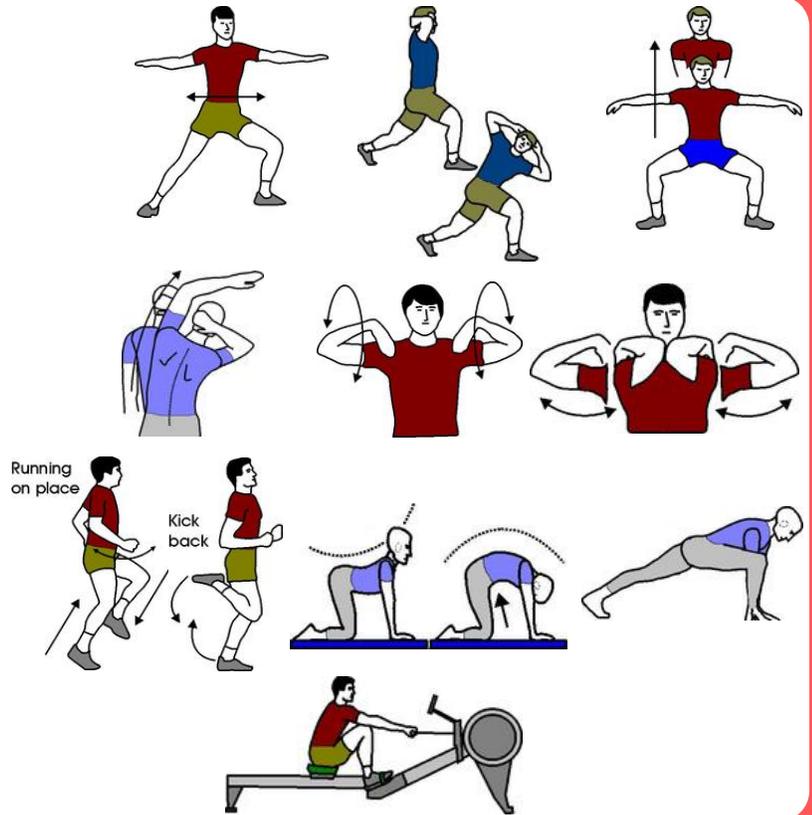


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Ensure to properly warm-up before every workout, as well as allow time to cool-down and stretch after each workout. Below are some examples of warm-up exercises and cool-down routines.

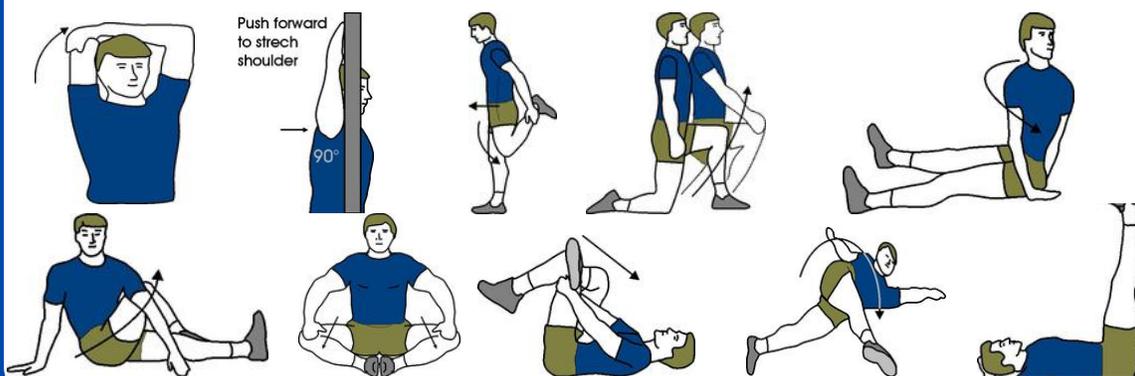
## ACTIVE WARM-UP

- 10 Torso twists.
- 10 Forward lunge + twist on each side.
- 10 Squats.
- 10x Overhead reach on each side.
- 10x Arm circles and flies.
- 50x High knees or skips.
- 50x Butts kicks or hamstring curls.
- 10x Back arches.
- 10x Plank to sprinter lunge.
  
- And/Or 5-10 minutes light cardio.



## COOL-DOWN

Spend 5-10 minutes stretching/rolling. Sample stretches below:



## Mobility Sculpt

BY: BRADEN WENAAS  
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Mobility is defined as the active control of the joint. It is a combination of strength flexibility and control. A strong, flexible body is essential to a healthy lifestyle. Strengthening weak muscles and stretching tight ones will keep the body moving properly and help to limit injury and pain. This workout will start by warming up the body with some gentle mobilizations followed by a series of mobility/strength exercises to strengthen muscles taking joints through their ranges of motion while stretching antagonist muscle groups.

### 1) Full Body Mobility Warm-Up. 5 Minutes.

- **Cat/Cow Back Arches:** 10x. Assume table top position with hands on floor below shoulder and knees below hip joint. Breath-in arching spine sending belly towards the floor and extending upper back upwards and allowing head to move upwards toward ceiling. Exhale bringing spine back to neutral then continuing to round back upwards like a cat and dropping head downwards gazing towards legs. Repeat for 10 reps.
- **Table Top Torso Twists:** 5/side. In table top position with left hand below left shoulder and back flat, position right hand to touch head sending right elbow out to side. Breath-in to gently twist torso left sending right elbow upwards, then exhale bringing right elbow in and down towards left elbow twisting the upper body. Complete 5-10 reps on one side opening up sending elbow out and slightly up and back down. Switch side after completing all reps.
- **Walking Child's Pose:** 5/side. From table top position, reach right hand across in front of left then send hips backwards to touch heels, feet pointed backwards and slightly apart. Send knees slightly outward enough to allow hips backward. There should be a slight stretch on the right side of the body. Hold for a breath then return to table top, then switch reaching left hand in front of right. Alternate sides for 10 reps.
- **Thread the Needle:** 5/side. From table top position, position knees slightly wider apart than hip distance. Send right hand under left reaching to the floor to the side as far as you can with palm facing up, twisting torso, dropping right shoulder to the floor. Hold for a breath then return to table top then switch to left side.
- **Lizards Pose with Arm Reaches:** 5/side. From table top position, bring right leg forwards sending right foot beside right hand into a deep lunge position. Extend left knee and leg backwards with knee on floor until stretch is felt. keeping left hand down on floor, breath-in twisting upper-body to the right reaching right hand up towards the roof looking upwards. Exhale and release to starting position bringing hand back to floor. Repeat 5x then switch sides.
- **Forward Fold to Deep Squat:** 5x. Start from standing position with feet shoulder width apart, bend upper body down into a front fold hinging at hips with knees slightly bent, reaching hands toward floor. Take a breath then exhale bending knees deeper and lift upper body up into a deep squat position. Breath-in then exhale straightening legs back into a front fold. Repeat for 5 reps.
- **Shoulder Rotations:** 10x forwards/backwards. From standing position, bring both hands to head so fingers are touching behind ears, sending elbows straight out to sides. Engage upper back muscles to bring arms back and down then forwards and up in a circular motion. Complete 10 circles backwards, then switch to 10 circles forwards.

## 2) Full Body Mobility Sculpt. 20 Minutes.

- **Goblet Shift Squats:** 2 sets x 10 reps. Start in standing position with feet wider than shoulder width with toes slightly pointed out. Slowly lower into a deep squat keeping chest up and forward with hips back. While in deep squat, slightly shift body weight to left then to right 4 times breathing in and out, then exhale returning to stand. Complete 5 full reps, then take a 30-60sec rest and repeat set 2.
- **Warrior 3 with Foot to Wall:** 2 sets x 10sec/side. Find a space by a wall and set a chair or something to balance on in front of you. Balancing on one foot, hinge at hips and bend forward to send opposite foot backwards to touch the wall straightening the leg. Try to keep hips square. Balance hands on chair in front for stability. For 10 seconds, breath in and out engaging glute and keep ing back leg straight touching the wall. Release then switch to other side. Rest then complete set 2.
- **Downdog to Deep Lunge:** 2 sets x 10 reps. Start from a high plank position with hands below shoulders. Inhale to bring hips up and backwards to feel a stretch behind legs, then exhale back to plank and bring right leg forwards beside right hand into a deep lunge. Pause for a breath, then breath-in returning to plank. Alternate sides for 10 reps. Complete 2 full sets.
- **Plank Holds:** 2 sets of 5-10sec holds. Start laying down on floor in prone position. Lift upper torso to position arms on floor with elbows below shoulders, then engage core, glutes and chest to lift into a plank position forming a straight line from head to toes resting on your forearms and feet. Keep abs and glutes tight squeezing hard for 10 seconds while continue to inhale/exhale. After 10 seconds release and relax down to floor to rest for 10 seconds. Repeat 5 time holding a plank for 10 seconds/resting for 10 seconds. After the 5 reps rest 60 seconds, then repeat for a second set.
- **Prone Tree Knee Lifts:** 2 sets 10 reps/side. Lay down on floor with elbows out and hands on floor in front of head to rest forehead down. Bring right knee out to side placing right foot on left left above knee to form a laying tree position. Inhale lifting right knee slightly off floor, then exhale to relax. Repeat 10 times then switch sides.
- **Side Laying Tadasana:** 2 sets x 8 breaths/hold/side. Lay on your right side in a straight long position extending right arm along floor above head. Reach top leg and bottom arm lengthening as far as you can until waist lifts on the bottom side. Hold length and lift top leg upwards a few inches to activate hip abductors. Hold for 10 breaths then relax. Switch sides.
- **Prone Lat Pulls:** 2 sets of 10 reps. Laying on stomach in prone position. Inhale reaching arms forward along floor with palms facing down. Exhale and squeeze upper back muscles to pull arms back into a W position while lifting to extend upper torso and head slightly up off the floor. Inhale to relax and repeat for 10 reps. Rest for 60 seconds then repeat for set 2.

## Big Rock Priorities

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This year, try to enhance productivity by utilizing the Big Rocks time management system and setting SMART priority objectives to accomplish the goals in your life or work.

### What Are Big Rocks?

Big Rocks is a time management strategy that structures your work or life around high priority items you need to accomplish to reach your goals. Imagine your life is a jar and you must fit numerous rocks, pebbles, and sand (priorities) inside. If you fill the jar with sand and pebbles first, leaving the big rocks last they will not fit.

The strategy is to fill the jar with the Big Rocks (big important tasks) first, then add in Pebbles (tasks with average importance), and finally then fill with sand (less important tasks).

You can try labeling your priorities in order of importance from ABCDE. For each priority you set for your goal, use the below SMART methods to set tasks to accomplish the priority.



Specific  
to your Goal

Measureable  
Attainable within  
12 months

Relevant  
to your goal

Timeline  
for tasks set

# Cottage Cheese Pancakes - dense AND delicious!

BY: ROSS WILLIAMS  
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Cold winter mornings and lazy weekends are made for comfort food. If you're trying to be carb-conscious it can be tough to deny your favourites. But fear not: On a slow Sunday morning or made in advance for the commute, for breakfast or as a snack, these pancakes can't be beat.

As well as being tasty, the oats and the cottage cheese give these pancakes staying power. If you're trying to keep hunger under control or expecting a long time between meals, one or two of these are very good at keeping hunger pangs at bay.

This recipe is very flexible, so feel free to add whatever ingredients you like.

- 2 Cups of cottage cheese
- 2 cups flaked oats
- 2 eggs
- 1/2 cup milk or yogurt (you can add more to thin the mixture)
- 1tbsp honey or syrup
- 1 handful of blueberries or raisins



Put 2 cups of cottage cheese into a blender, add eggs, milk/yogurt and honey/syrup and blend. Add oats gradually, allowing the mixture to become smooth (add more milk/yogurt if necessary). Ladle the mixture onto a greased, medium-hot pan in pancake-sized portions and add berries/raisins to each one. Flip the pancake when bubbles pop and edges curl up from the pan. Remove from pan when sides are cooked through.

These can be eaten cold or hot, They freeze very well for future eating. I like to freeze these individually in bags, so they can be thrown into a lunch bag and eaten when they have thawed.