

THE FITNESS CENTRE

MONTHLY

RESOURCES



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**A COLLECTION
OF EXERCISE
AND
WELLNESS
PAGES**



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

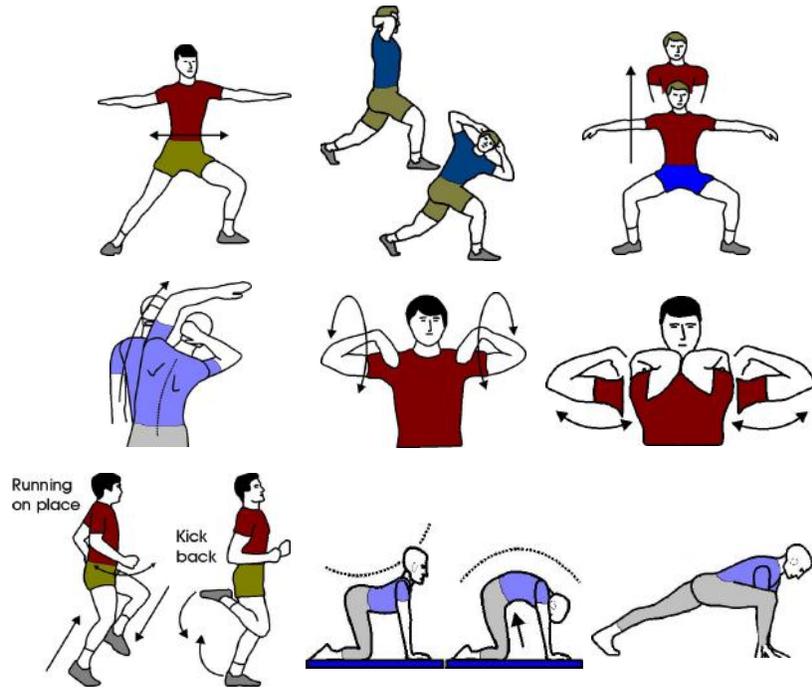
QUADREAL FITNESS CENTRE STAFF

**BRADEN****BWENAAS@LIVNORTH.COM****ROSS****RWILLIAMS@LIVNORTH.COM****BRIDGET****BRASMUSSEN-THORSON@LIVNORTH.COM**

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.

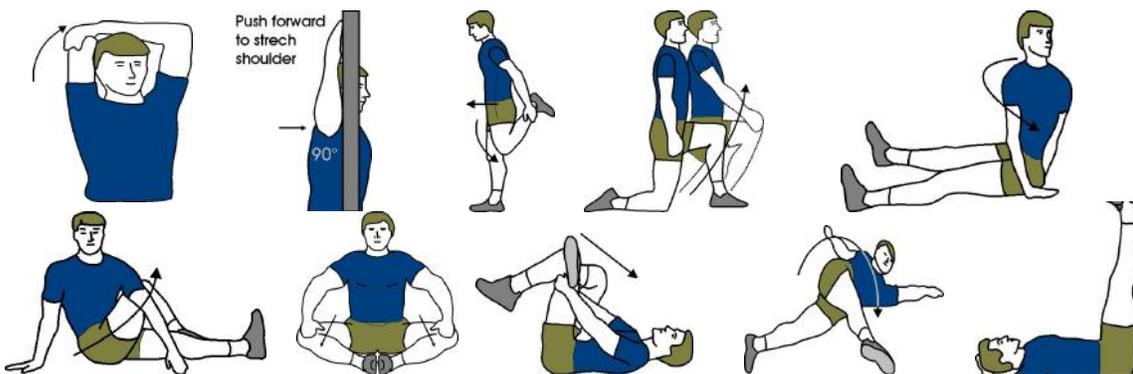
ACTIVE WARM-UP

- 10 Torso twists.
- 10 Forward lunge + twist on each side.
- 10 Squats.
- 10x Overhead reach on each side.
- 10x Arm circles and flyes.
- 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:



Primal Animal Flow

BY: BRIDGET
BRASMUSSEN-THORSON@LIVNORTH.COM

As children we imitated animals; their sounds and movements, but why did we stop?

It turns out that moving like an animal is very good for you. The movements are bodyweight but they pack a punch. This is because so many muscles are required for each movement. They require strength, endurance and flexibility about the muscles and joints involved in each movement. These movements also help to decrease the risk of injury because in the movements you are using strength through a greater range of motion allowing for more strength and flexibility to develop around the moving joints. The movements are also fun which helps the workout go by even faster. Below is an animal flow circuit that can be done anywhere and without equipment.



Photo by Nikola Murniece on Unsplash
[https://unsplash.com/s/photos/yoga?
utm_source=unsplash&utm_medium=referral&utm_content=creditCopyText](https://unsplash.com/s/photos/yoga?utm_source=unsplash&utm_medium=referral&utm_content=creditCopyText)

Complete each animal exercise for 30-45 seconds with a 10 second break in between each to switch movements. At the end of the circuit take a break. Complete circuit 2-4 times depending on ability and time.

Crab Walk Forward and Back
Alligator Walk
Bear Crawl Box
Donkey Kicks
Vertical Frog Jumps
Scorpion Reach into Plank Twist Knee to Opposite Elbow
Gorilla Side Shuffle
Duck Walk

Crab Walk Forward and Back: Sit on ground with legs bent, feet flat on the floor hip width apart, and hands on the ground by hips. Fingertips should face towards feet. Relax your neck while squeezing shoulder blades down and back to support the movement. Engage abdominal muscles, arms, back, and glutes to lift hips while pushing down through heels of feet and hands. Remember to pull the rib cage and hip bones down and towards each other to create that abdominal pressure. Your torso, hips and thighs will create one flat line. This will look like a reverse table top position. Shift your weight to try and lift the right hand and the left foot off the ground at the same time. If you feel comfortable with this then try to alternate right and left sides to inch the body forward in a line. After a few feet, stop, and then begin to reverse the body backwards a few feet in a line. Repeat until the time runs out.

Alligator Walk: Lay on stomach. Place hands shoulder width apart on the ground and curl toes underneath with feet shoulder width apart. Engage back by pulling shoulder down away from ears, engage glutes by squeezing pelvis down towards the ground, & engage abdominal muscles by pulling bottom of ribs down towards hip bones and hips up towards ribcage. Push down through hands and feet to lift body off the ground into a wide legged plank position. Body is in one flat line. Lower body half way to the ground by bending elbows and hold position. Alternate picking up Left foot with Right hand and Right foot with Left hand; moving them forward while still staying low to the ground. Continue until time runs out.

Bear Crawl Box: Start in a tabletop position on your hands and knees. Wrists are directly under shoulders and knees are directly under hip joints. Tuck under toes, engages core, push through hands and lift knees off the ground to hover. Slowly start to shuffle hands and feet forward about 2 feet while keeping hips and back flat. Pause then shuffle to the right about 2 feet. Pause then shuffle backwards about 2 feet. Pause then shuffle left about 2 feet. You should end up where you started creating a "box". The important thing to remember is keep your hips low so that your back maintains a flat line. Keep repeating until all the time is up.

Donkey Kicks: Start in a tabletop position on your hands and knees. Wrists are directly under shoulders. Tuck toes underneath. Push down through hands and feet, pull shoulders down and back, and engage abdominal muscles to lift knees off the ground. Option one: Lift your right foot off the ground while maintaining the tabletop position and the lifted leg in a 90 degree position. Squeeze the glute muscles on the lifted leg to raise the heel up towards the ceiling. Stop when hamstrings (back of thighs) are the same height as your back. Pause at the top of the movement before slowly lowering the foot to the ground. Repeat on the left. Continue until time is up. Option two: Lift hips up towards the ceiling to create a triangle with the body. Knees are still bent, and elbows are soft at the joint but contracting in the muscles of the arms. When ready bend deeper into legs, engage shoulders, and engage core before pushing hard into the floor to kick the legs up off the ground. The goal is to bring legs up to a 30 degree angle or higher before bringing the feet back down to the ground. To make it more difficult try to hesitate at the top of the movement or squeeze the heel together to create a diamond shape with the legs. Maintain strength in arms and torso throughout the movement. Repeat until time is up.

Vertical Frog Jumps: Get into a frog position. Feet close together, toes pointed out, knees bent so that bum is hovering slightly over heels, knees pointed out, hands reach down to touch the ground between thighs, and chest is reaching up to create a straight spine. Your hands are stabilizers in the starting position. Engage your abdominal muscles and your leg muscles. Try and get as much height with each jump as possible. Push down hard through the floor with your feet to jump up towards the ceiling. As you are in the air extend legs and body long. Land on feet and compress the body down back to the starting position to absorb the shock. Repeat until the time is up.

Scorpion Reach into Plank Twist Knee to Opposite Elbow: Get on the floor on your hands and knees creating a tabletop position. Relax the shoulders down and back away from the ears to create a long neck. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other. This will create a contraction and pressure. This pressure is a good pressure. It is a force pulling the abdominal muscles down towards the ceiling creating a straight spine. Slowly walk your hands out without moving your knees. As you walk the hands out squeeze your glutes to bring your hips down towards the ground. When your body creates a straight line, and your wrists are directly under your shoulder joints then stop walking the arms forward. Hold this position. Think about squeezing the muscles surrounding your hips as if you were trying to move the sides of your hips closer together. Continue squeezing your shoulder blades down away from your ears. If this feels easy then extend your legs, one at a time and tuck under the toes. Keep the straight body position. Hold until the time is up. If you feel pain in your low back then you have lost the pressure of our abdominal muscles pulling in. This means that your abdominal muscles are not being able to keep up with the difficulty that you have selected, and the back is compensating. Try making the exercise less difficult. If it continues then stop the exercise. From the held plank position push through your hands and lift your hips up towards the ceiling to create a triangle position with your body. Your knees can be slightly bent, and your heels can be raised but the goal is to eventually have your heels touching the ground. Your back should be straight with your tailbone reaching up. This is downward dog. Lift your right leg up into the air as if you were going to do the splits. Hesitate when the leg is as high as it can go without moving your hips into a different position. Leading with the heel of the foot; open the hip up by reaching the leg up and over your other leg. This will rotate your hip bones and stomach slightly up towards the ceiling. Let the leg hang open for a moment. Engage the leg and bring it back through to that split position. Scoop that leg down and through towards your opposite elbow, while shifting your body weight down and forward back to plank position. Hesitate the knee at the opposite elbow before returning the leg back to the "splits position" in downward dog. Repeat until all reps are completed before moving on to the other side.

Gorilla Side Shuffle: Get into a frog position. Feet close together, toes pointed out, knees bent so that bum is hovering slightly over heels, knees pointed out, hands reach down to touch the ground between thighs, and chest is reaching up to create a straight spine. Your hands are stabilizers in the starting position. Engage your abdominal muscles and your leg muscles to lift bum up towards the ceiling. Move hands slightly out to shoulder width apart. Hands are still on the ground and there is some bend still left in the legs at the starting position. Feet can turn to a neutral position and distance more if more comfortable. This is the gorilla position. Push down hard through the floor with your hands and engage abdominal muscles to "lift/hop" legs up and to the right. Land on feet and compress the body down back to the starting position to absorb the shock. Repeat a few to the right and then repeat on the left until the time is up.



Duck Walk: Get into a frog position. From here bring hands to the outsides of the thighs and swivel knees to point directly in front of you or slightly out to the side; what ever is more comfortable. Chest is reaching up to create a straight spine and your bum is still hovering above your heels (you are balancing on your toes and heels are lifted at the start). Your hands are stabilizers in the starting position. When ready lift hands off the ground and balance. Hands can now reach out in front for balance as you lift bum slightly higher and push heels down to the ground. Try to walk small steps forward by bringing the leg underneath and forward not by swinging the leg out to the side. Keep the chest tall and the bum reach back as if you were in a very low squat. This will create a deep burn in your thighs. Repeat until the time is up.

New Paths

BY: Braden

bwenaas@LIVNORTH.COM



For the past year, we have been stuck in the same place with not much variation from daily routine. It's time to rejuvenate with something fresh and new. That change can be as simple as getting out and taking a new path or trail, driving a new road, or just being somewhere new where you have never been before. Maybe that's just outside the city somewhere, in the mountains, or at a nearby park. Breathe some fresh new air. Me personally, I love to drive down a new road, ideally outside the city on a country road. Somewhere I have never driven, just enjoying the views and drive.

Going somewhere new will bring a simple change to break the drag of the long drawn limitations we have experienced. Try this out, whether it's simply a bike ride on a new trail, walking down a new path, or take a drive on a new road. The effects on your mental health will be surprisingly stunning. You will feel an energizing recharge on your overall wellbeing.

Recently, my fiancé and I took a drive to Lake Louise and spent the weekend, nothing crazy. But we did end up going for a little cruise up the highway 93 icefields pkwy just past Lake Louise, towards Hector Lake. We didn't go very far but that stretch of road was 100% new to me. It was great. Wonderful views, a beautiful day. For some reason, I felt refreshed, and I think it's simply the power of a simple new experience, a new path.

BBQ Bonanza: The Grill's for More than Meat

BY: ROSS
RWILLIAMS@LIVNORTH.COM

Unlike the rest of the world, the Canadian calendar is divided into two seasons: winter and barbeque. Once the snow's gone - and for some of us, even before that - we can't wait to get outside and fire up the grill. Seeing as we live in the heart of cattle country, most of us will immediately jump at the chance to throw a steak or some burgers over the flame. But how about filling up some of that extra space on the grill - and the plate - with some grilled veg or fruit? Take a trip to your local farmer's market or roadside stand and you'll find that grilling your produce is a taste sensation!

Grilled veggies not only taste fantastic and add some colour to the plate (remember: a colourful diet is a healthy diet!), but in some cases grilling vegetables can make them healthier - a roasted tomato can have over 100% more lycopene (a powerful antioxidant) than its uncooked counterpart. Besides, grilled veggies are almost effortless to cook - just brush on a little oil (although this isn't completely necessary) and you're halfway done!



Grilled Stone Fruit Salad

www.tasteofhome.com/recipes/grilled-stone-fruit-salad/

INGREDIENTS:

- 6 tbsp citrus juice, divided
- 3 tbsp melted butter
- 1 tbsp minced fresh mint
- 2 peeled peaches, halved and pitted
- 2 peeled plums, halved and pitted
- 4 apricots, halved and peeled
- 1/4 pineapple, cut into 4 slices
- 1/4 cup olive oil
- 2 tbsp honey
- pinch kosher salt
- 1/8 tsp ground allspice
- 6 oz baby arugula
- 1 cup crumbled feta cheese

In a large bowl, whisk 3 tbsps of lemon juice with melted butter and mint. Add fruit; and let marinate for 1/2 an hour, turning once. Drain, and reserve marinade.

Grill fruit, over medium-high direct heat for 4-6 minutes. Turn and brush with the reserved marinade.

Grill uncovered, until fruit is tender but not soft. Remove from heat; and cool 5-10 minutes. When cool enough to handle, cut fruit quarterwise.

Whisk olive oil, honey, kosher salt, allspice and remaining citrus juice together and drizzle half of the dressing over greens, tossing until well coated. Place greens into large bowl or serving platter. Add grilled fruit; and drizzle the remaining dressing. Sprinkle with the crumbled feta.