

THE FITNESS CENTRE

MONTHLY

RESOURCES



Warm-up/Cool-down

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Combination Bootcamp**

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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

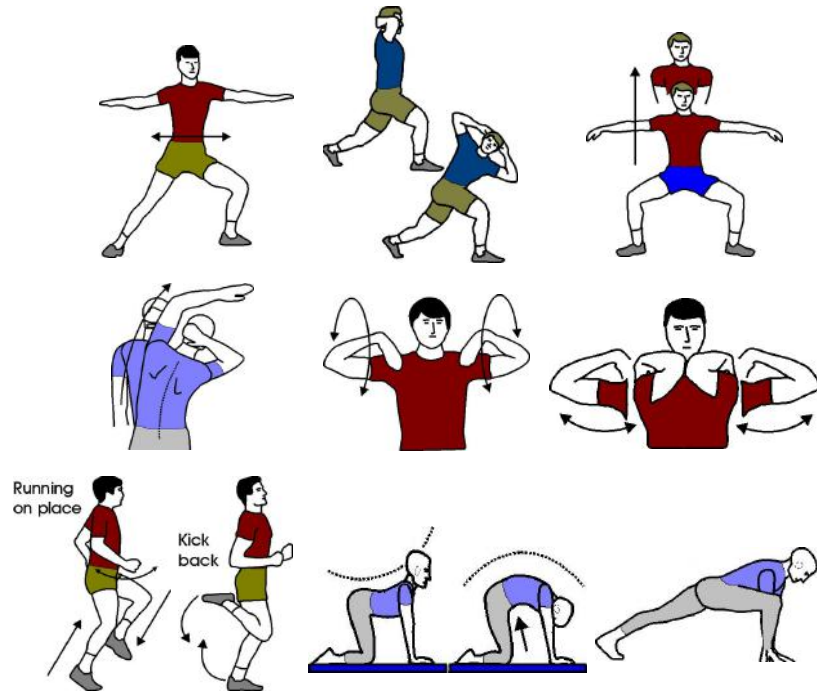
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Ensure to properly warm-up before every workout, as well as allow time to cool-down and stretch after each workout. Below are some examples of warm-up exercises and cool-down routines.

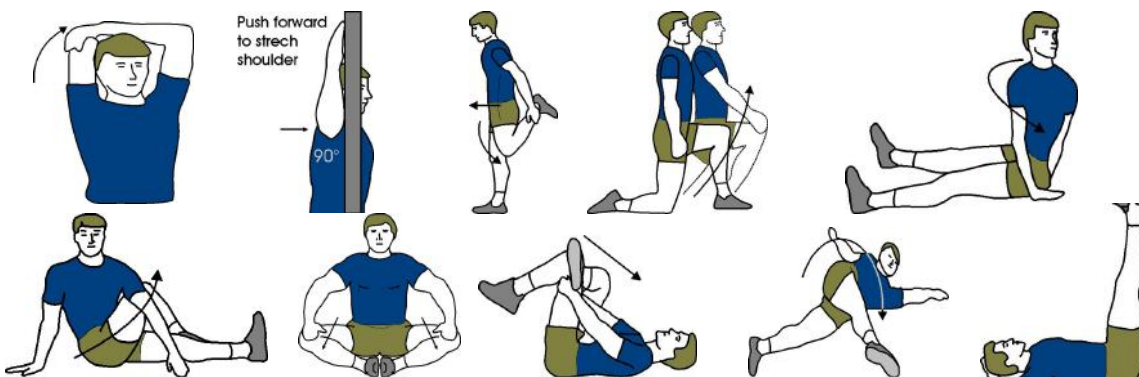
ACTIVE WARM-UP

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



Combination Bootcamp

BY: BRIDGET
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Complete all exercises in a circuit. Take as little time between exercises as possible. Take a one minute break at the end of the circuit. Repeat 2-3 Times.

Prisoner's Get Up to Squat Jump & Shuffle Back: 6 Reps on each Leg (12 Reps Total)

Crab Alternating Touch into Rotation to Alternating Side Push Ups: 6 Reps to each side (12 Reps Total)

Bear Crawl Box Shuffle: 2 Steps in each direction including front & back = One Box (3 Boxes to the Right & 3 Boxes to the Left)

Side Lunge to Curtsy Lunge: 12 Reps on each Leg (24 Reps Total)

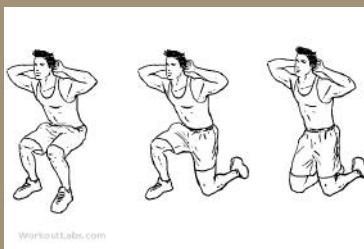
Weighted Pullover Crunch to Hip Thrust Bridge: 12 Reps

Bird Dog Single Arm Row: 12 Reps on each Side (24 Reps Total)

Combination Bootcamp

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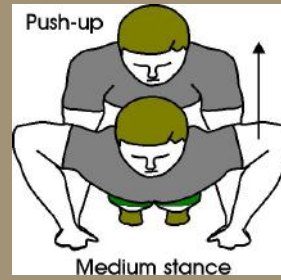
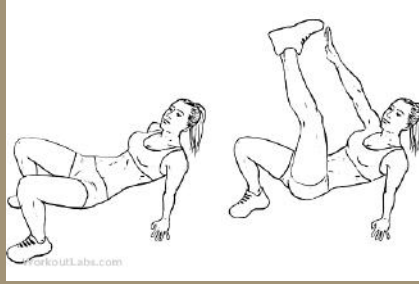
Prisoner's Get Up to Squat Jump & Shuffle Back: Stand with your feet hip width apart. Look forward and relax your shoulders. Hands can be relaxed down by torso (Easiest), or straight out in front at shoulder height, or traditionally behind the head. One to two dumbbells can be added for additional load (Most Difficult: Dumbbells can be down at sides, resting on shoulders, or one can be held at chest height with both hands). Engage your abdominal muscles as you slowly send your hips back. Bend your knees at the same time to lower towards a 90 degree bend in the legs. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Pause for a brief moment at the bottom. Look forward, push down through the ground, and propel your body forward landing in the squat position. Stay low in the squat position and shuffle the body backwards to your starting spot. From the squat bottom shift your weight to bend and lower your body so that one knee is on the ground and the other leg is bent at 90 degrees in front with the foot flat on the ground. Swing the other leg under and through so that you are now on both knees. Squeeze your glutes and engage your abdominal muscles to straighten your torso upright. Swing the opposite leg under and forward so that this leg is now bent at 90 degrees and the foot is flat on the floor. Make sure that both hips are facing forward. Tuck under your toes on the back leg. Push down evenly through the legs and lift the back knee off the ground. Step the back leg forward to be hip width apart, stay low, lean slightly forward to find the bottom of the squat position. Pause for a moment before squeezing your glutes (bum muscles) and pushing down through your heels to bring your hips forward and up back to standing position. Repeat until all reps are completed.



Crab Alternating Touch into Rotation to Alternating Side Push Ups: 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 this is easy then continue to lift the limbs up towards the ceiling and to touch each other (It is ok to drop the hips slightly to accomplish this motion). Control the limbs down. Once they are on the ground shift your weight to rotate your body up and over so that your body ends up in a plank position. Hands should be shoulder width apart underneath shoulder joint. The body is flat (Bum should be in line with the body) to create a plank position (Can drop to knees at this point for the push up). Engage abdominal muscles, squeeze glute muscles to pull hips down if your body is creating a pyramid. Look in the center a few inches above your finger tips to avoid neck strain. Slowly bend elbows to lower the body down towards the floor. As you are moving pull shoulder blades down and together to create a long neck. Lower until as much as you are able or until your chest is hovering a few inches above the ground. Pause for a moment before pushing down through your hands, squeezing your abs in, pulling shoulders down away from your ears, and extending arms to straight. At the top of the movement pause before rotating back into the crab position. Repeat the full movement on the left Repeat until all reps are completed. Slowly lower bum to the ground to complete the exercise.

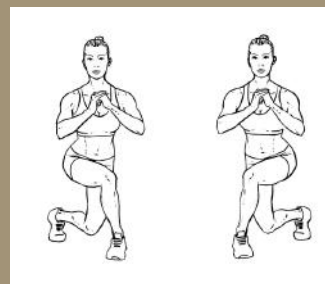
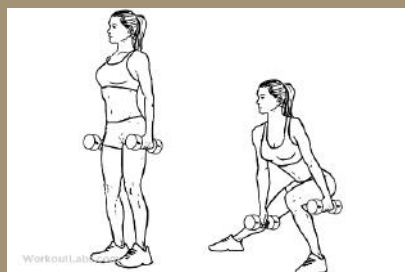
Combination Bootcamp

BY: BRIDGET BRASMUSSEN-THORSON@LIVNORTH.COM



Bear Crawl Box Shuffle: 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.

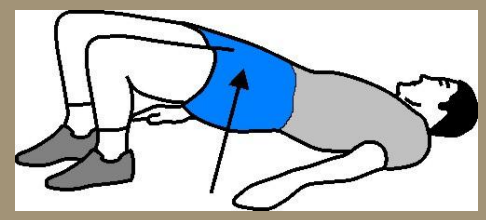
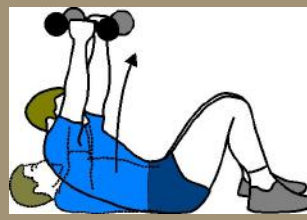
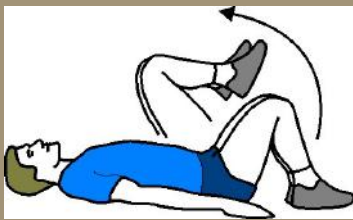
Side Lunge to Curtsy Lunge: Stand with your feet hip width apart. Look forward and relax your shoulders. Take a large step directly to the right to create a pyramid-like shape with your body. Engage your abdominal muscles for support. Slowly start to bend your right knee while keeping the left leg straight as you slowly send your hips back. This will shift your body weight over to the right and may create a stretch in the groin and legs. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Lower as much as you are able or until your right knee is bent at 90 degrees. Pause for a moment before squeezing your glutes (bum muscles) and pushing down through your right heel and through the side of your leg to bring your hips forward, up and bring the right leg back into the body. Standing balanced on the left leg with the right leg bent to 90 degrees in the air. Pause for a moment before stepping the right foot directly behind as if you were going to step into a regular lunge but continue to slightly cross over the line of the other foot. Front foot should be flat on the floor while the back foot is up on the toes. Squeeze your glute muscles so that your hips both face forward and your bum is tucked underneath your torso (Stack your spine). Straighten torso up (Don't lean forward). Engage your abdominal muscles for support and slowly start to bend both knees. Lower as much as you are able or until your back knee is hovering an inch above the floor. Try not to drop the inside (Back leg hip). Pause for a moment before slowly coming up. To come up, push evenly through both legs. Once at the top of the movement step the back leg forwards to return to the standing position. Repeat on the other leg until all reps are completed.



Combination Bootcamp

BY: BRIDGET
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Weighted Pullover Crunch to Hip Thrust Bridge: (12-15 Reps) Lay on the ground on your back. Have one medium to large sized dumbbell or two small to medium sized dumbbells near. 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 ground creating a straight spine. (To test if they are contracting properly then place a hand under the small curve in your back. Engage the abdominals by pulling the ribs and hips flat and towards each other with your hand still in the small of your back. You should feel your back pressing down, flattening this curve against the floor and your hand. You will want to keep this pressure as you do the exercise.) Slowly lift your legs to bent 90 degree positions in the air with your knees directly above your hips. Keep the pressure in the abdominal muscles. Grab the dumbbell with both hands and bring it above your chest with your arms extended. Engage your shoulders and back to support the coming movement. Slowly lower the dumbbell overhead toward the ground with your arms straight. Lower as much as you are able without letting the dumbbell touch the ground (If you feel pain or uncomfortable pulling then do not continue to lower. Always work to a point of no pain). Hesitate with the dumbbell back before engaging your arms, abdominal muscle and shoulders to bring the dumbbell back above your chest. Slowly lift your head and shoulder blades off the ground and press the dumbbell to the ceiling. Hesitate then slowly lower your shoulder and head back down to the ground. As you lower the shoulders and head; bring the leg back into the bent leg position on the ground close to your bum. Rest the dumbbell or dumbbells on your hips, relax your neck/shoulders, press through your heels, engage your core, and thrust your hips up towards the ceiling to make a flat line from your shoulders to your knees. Hesitate with your hips at the top of the bridge position before slowly lowering them down to the ground. Repeat until all reps are completed. If you feel pain in your low back, it 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 by using less weight or by not lifting you feet up for the crunch/pullover. If it continues then stop the exercise.



Bird Dog Single Arm Row: (12-15 Reps on each side) Start in a table top position on your hands and knees. Wrists are directly under shoulders and knees are directly under hip joints. Engage core to slowly lift and extend left leg up to that your heel is inline with your spine and your back is flat. Your body should create one long line with your hips stacked; don't let the left hip drop or lift higher that your right hip and don't let your right hip fall out to the side. Hold this position. With your right hand grab a dumbbell. Engage your upper back and arm muscles to lift the dumbbell off the floor bending the elbow. Keep squeezing your right elbow up and squeeze your right shoulder blade down and in towards your spine. Hesitate at the top before slowly releasing the dumbbell towards the ground. Repeat this row motion until all reps are completed.

Mindfulness

BY: Braden
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What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing.

What are the benefits of being Mindful?

Research has suggested that people who practice being mindful or meditation boost mental flexibility and focus, keeping the mind sharp and improving cognitive ability. It aids in stress relief, decreases anxiety, and improves mood.

How can I be Mindful?

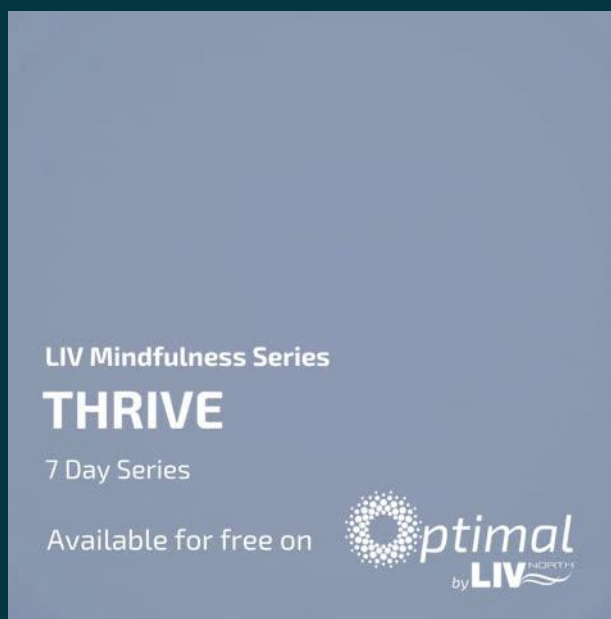
Set aside some time, observe the present moment as it is. Return your thoughts to the present moment. Recognize when your mind has wandered off, and gently bring it back to the present.

<https://www.mindful.org/meditation/mindfulness-getting-started/>

LIV NORTH Resources

All fitness centre members can access a free database of mindfulness videos and live streams through the optimal platform. The Optimal platform has 7 day training series featuring different training goals.

Thrive is a new Mindfulness Series available now!



How to Access Optimal

Login to the member portal, add the **Optimal Virtual Pass** to your account. The **Connect To Virtual Fitness** link will appear on the member portal home page. Click on the link to access Optimal. Once on Optimal, go to Purchase Services and add the **Thrive Series** to your account. The videos will then be available on your optimal profile in **My Workouts**.

THRIVE Mindfulness Series:

Good mental health and wellbeing is about more than feeling happy all the time. It's also more than having positive experiences. Good mental health and wellbeing involves many factors that interact in our day-to-day lives.

So, how do you thrive? Thriving involves many different factors and it is different for everyone. Looking after our mental health is also an ongoing process. Finding the right balance of elements that help us thrive is something that we can all aim towards – to improve and maintain our mental health.

This 7 day mindfulness series will explore different elements, including physical health, the sense of purpose, feeling connected with others, and feeling safe and supported.

Fall Harvest: Roasted Pumpkin Soup

BY: ROSS
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With the arrival of Autumn, the harvest bounty and the cooler nights come as part of the package. This soup combines the best of all of it - warm, filling and helps to use up some of the extra pumpkin you grew

Ingredients:

1 medium (4 lb or so) pumpkin
1 onion
3 cloves garlic
1 can coconut milk
2-4 cups vegetable broth
1 tsp. ginger
1 tsp. cumin
1 tsp. curry powder
1 tbsp. canola oil

- Cut pumpkin in half vertically and remove the seeds. Rub the cut sides with canola oil, place face-down on baking sheet and roast at 400 degrees F for 45 minutes or until the pumpkin is soft.
- Once the pumpkin is cool enough to handle, use a spoon to remove the pulp from the skin.
- Dice the onion and garlic cloves, then saute in 1 tbsp canola oil until veg is soft. Add the ginger, cumin and curry powder.
- Add pumpkin flesh, broth, and the coconut milk together and heat through. Once heated, either use an immersion blender or transfer soup to blender and pulp it to the desired texture. Soup is ready to serve. Season with salt and pepper to taste, serve with warm bread or rolls.
- For garnish and texture, you can add sliced green onion, sunflower seeds, peanuts or cashews.
- for additional flavour, add a diced, skinned apple of any variety when mixing the pumpkin pulp, broth and coconut milk.



To make use of all the pumpkin's goodness, don't forget to remove the pumpkin seeds from the innards, rinse and dry. Toss them in a bowl with some canola oil, sprinkle with salt and place them in a metal pie plate. Roast the seeds at 300 degrees F for 15-20 minutes, turning every few minutes to prevent burning. Once they've cooled you'll have a crunchy, healthy snack!