
Cross Train: Repetition Ladder and a Chair

Find out what ladders and chairs have to do with working out!

A repetition ladder is a counting set of a single-sided exercise (reps from 1 to 5), and we combine this with other single-sided work with a chair as a prop, and then core work. This one zips by! Props: sturdy chair, weights, mat, towel, water. 45 minutes

Cross Train: Try-a-Tri

After a dynamic warm-up, we get to our triathlon: 5 reps of a compound movement pattern (think Loaded Squats), then descending sets of 2 upper body exercises. If you like counting, this one's for you! Finish with circus abs. Props: 2 light, medium and heavy weights, mat, towel, water. 45 minutes.

Cross Train: HIIT and 'Recruit the Glutes'

We have three HIIT circuits today: 45 seconds Dynamic Exercise with 15 seconds Active Rest, it goes quickly! Layer on a new awareness of engaging the Lower Glutes, training our neural pathways to know how to engage them with a neat trick. Oh and a couple of Tabatas mixed in too! Props: 2 light, medium and heavy weights, mat, towel, water. 60 minutes.

Movement for Stiff Bodies: Giant Set with 'Salt & Pepper'

We have a giant set of 8 exercises (that rotate between lower body, upper and core). After 45 seconds of each exercise in the set, we add some 'salt & pepper': 5 reps each of reverse fly and front lift. (When I first tested this format I called it 'sugar and spice', someone vetoed that, said there wasn't any sugar!) Props: weights, mat, towel and water. 45 minutes.

Movement for Stiff Bodies: Cardio Trio, Core Ladder & Arms Finisher

Work through a cardio trio to get some colour in our cheeks! Then tackle a core ladder set with a different core exercise for each of 10 reps, 20, 30, 40 and then 50 seconds of windshield wipers. Go back down the ladder and treat your arms with a descending set. Lots of counting in this workout and it goes pretty quick. Props: weights, mat, towel and water. 45 minutes

Movement for Stiff Bodies: Super Sets & Partner 21s

Alternate between legs and core with our super sets with some of our favourites (like squat ribbon, 'around the body to stall', deadlift). Repeat each super set twice, then jump into a partner 21s workout with me as your partner! Props: weights, mat, towel, water. 45 minutes

Mindful Fitness for Aging Well: Do the Twist!

Like rotational movement? Then this is your workout! Work through 5 pair of super sets, combining many twisting/rotating/lateral movement exercises. Finish with a supine twist with 1 arm fly. ! Props: your weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Close to the Mat, Sets of Four

Our warmup is close to the mat (and we repeat much of this as the cool down at the end to compare). Then move into the first 'Set of Four' focusing on our glutes, key stabilizers of our knee to hip. Second 'Set of Four' is circus abs, and the third 'Set of Four' works the arms. Props: weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Mini Circuits with Chair, Band and Core

After a warmup using the chair, we move into mini circuits, each with an exercise using the chair as a prop, then using a theraband, and then our core. Once each circuit is completed twice, we add in some Biceps Curls! Props: chair, theraband or yoga belt, weights, mat, towel and water. 60 minutes.