

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: Super Sets and Core Ladder

After our fave KB warmup, we move into Super Set pairs (one cardio, the other shoulders) using 60 seconds as our time. Then jump on a Core Ladder set, 10 reps Plank Shoulder Taps, 20 reps Triceps/Leg Extension, 30 reps Butterfly Reach, 40 reps Bicycles, 50 seconds Windshield Wipers and then back down the ladder! Props: weights, mat, towel, water. 45 minutes.

Cross Train: Counting Sets = Brain Gym!

Turning off the timer for this workout! We have mini circuits (5 rounds each) today, with a consistent 5 reps for the first exercise (legs/cardio), then descending sets (10/8/6/4/2) for the second two (upper then core). Props: 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: Descending Super Sets with a Band

We benchmark this workout with a bit of yoga (Downward Dog, Pigeon, Windshield Wipers); be curious about how this has changed by the end of the workout! Work through Super Set pairs with descending reps: exercise A targets lower body, exercise B trains your upper using a theraband. Props: your weights, mat, theraband or yoga belt, towel, water. 45 minutes.

Movement for Stiff Bodies: Rotate

Our bodies crave rotation, so this workout will give you a big smile all over! We do 3 (three) rounds of each set, with a couple of tabata's between the sets to keep us moving quickly. Props: weights, belt, sturdy chair, mat, towel and water. 45 minutes.

Movement for Stiff Bodies: Cross Lateral

We move with cross lateral patterning all the time, without really being aware of it. Heighten your connection to this movement that balances our musculoskeletal system, nervous system, and our brain. Feel brighter when finished! Props: weights, mat, towel, water. 45 minutes

Mindful Fitness for Aging Well: Stretch and Strength

We have an extra long warmup today, and then work through 4 mini circuits with a focus on legs, upper/band, and upper/weights. We add a couple of Partner 21 sets in between with me as your partner, always a fun challenge! Props: weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Workout with a Chair!

Begin with a Yoga benchmark on the mat to check-in! Then warmup using a sturdy chair, and then keep the chair as a prop. Our focus today is a good mix of do-able cardio, core and rotation. Props: your weights, sturdy chair, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Strength Balanced with Flexibility

Join the science experiment! Typically in our workouts, we front-load the strength work, and fit in our flexibility training at the end. Today, we mix the stretching in as we go. It's curious to see how this changes the strength work the 2nd time through! Props: your weights, mat, towel, water. 45 minutes.