

Follow all key points indicated in each exercise to ensure movements are done correctly. At all times, take into account your range of motion.

## 0. WARM-UP

### Standing up:

- 20 high knees (no jumping)
- 20 heels to buttocks (no jumping)
- 10 front shoulder rotations
- 10 back shoulder rotations

## 1. SQUAT AND KNEE TO OPPOSITE ELBOW

- Position your feet shoulders width apart.
- Keep your knees pointing forward.
- Lower your buttocks as low as you can, keeping your back straight.
- Bring the knee up with energy to the opposite elbow, then alternate.

**2 sets of 20 repetitions (10 repetitions on each side),  
1 minute rest period between sets.**



## 2. ALTERNATING REVERSE LUNGE PUNCH

- Step backward with one foot and bend your back leg so your back knee nearly touches the ground.
- Lift your back knee forward to hip height, then punch with the opposite arm.
- Alternate sides for each repetition.

**2 sets of 12 repetitions (6 repetitions on each side),  
1 minute rest period between sets.**



## 3. LATERAL LUNGE WITH PULL

- Take a wide step out to the side with your arms stretched out horizontally in front of you, then bend one knee slightly while keeping the opposite leg straight. Hold this position.
- Pull back with your elbows to squeeze your shoulder blades together.
- Then switch the supporting legs (bent leg) and repeat the pull movements.

**2 sets of 20 repetitions (10 repetitions on each side),  
1 minute rest period between sets.**



## 4. KNEE PLANK ON HANDS/ELBOWS

- Move into the knee plank position, leaning on your hands, palms placed underneath your shoulders.
- Lower yourself to the ground one arm at a time in the low plank position, with your elbows underneath your shoulders. Return to the initial position by pushing yourself up with your arms and alternate.
- Make sure to switch the arms when pushing between each set.
- Keep your back straight and tuck in your stomach.

**2 sets of 10 repetitions,  
1 minute rest period between sets**



## 5. ALTERNATING HEEL TOUCH

- Lie on your back, arms at your side, knees bent with your feet flat on the floor, hip width apart.
- Tighten your abdominal muscles and keep your belly button pulled down.
- Lift your shoulders off the floor and try to touch your heels with your fingertips, alternating from side to side.
- Keep your back flat on the ground and your chin off your chest at all times.

**2 set of 10 repetitions,  
1 minute rest period between sets.**



## 6. BRIDGE WITH ALTERNATING KICKS

- Lie on your back, arms at your side.
- Place your feet flat on the floor and your knees above your ankles.
- Lift your pelvis to form a straight line from your shoulders to your knees and hold this position.
- Alternate each leg and extend with energy.

**2 sets of 20 repetitions (10 repetitions on each side),  
1 minute rest period between sets.**



## 7. COOL DOWN:

### Back and hamstring stretch

- Sit on the floor with your legs spread, shoulder width apart.
- Slowly bend your body forward with your knees on the floor and try to touch your toes on your right foot.
- Take deep breaths while stretching and try relaxing your lower back muscles.
- Hold this position for about 20-30 seconds, then switch sides.

**2 sets of 20 to 30 seconds on each side,  
10 seconds rest period between sets.**

### Opening of the rib cage

- Stand upright and wrap your fingers around your lower back.
- Arch your chest and try to bring your shoulder blades together as if you wanted to squeeze a finger between them.
- Hold this position while breathing normally for about 20 to 30 seconds.

**2 séries de 20 à 30 secondes,  
10 secondes de repos entre les séries.**

Standing up, take 5 deep breaths while slowly raising your arms above your head as you inhale through your nose, then lower them down at your side as you exhale.

Photos: Anne-Josée Beaudoin



The training plans are created by the kinesiology graduates of the Université de Sherbrooke.