

THROW IN THE KITCHEN SINK

Following is the general protocol for the *Throw in the Kitchen Sink Workout*. This workout uses various pieces of equipment to train each muscle group effectively and safely. The Workout has four different components that combined will give you optimal conditioning to build muscle strength and endurance, improve balance and flexibility for functional movements, increase cardio capacity and to slow down bone loss.

Workout Components

1—Extended Full Body Dynamic Warm-up with Balance Component

The most important service you can do for your body is to be sure the muscles and joints are warm and agile before ANY activity including stretching. Each class begins with an upbeat segment to prepare your body and mind for activity. With each week, the segment intensity and balance challenges will gradually increase.

2--Strength Training (3 methods)

Using Body Weight – the most convenient, effective tool for building strength is your body because you take it with you no matter where you go. Using your body weight as resistance during specific exercises can help build and maintain lean muscle mass, improve your heart health and your mood, help maintain cognitive function and prolong the health of your joints and bones. This segment will help you to build endurance, **improve balance** and mobility and to injury-proof your body.

Using Gliding Exercise Discs—You can pack these inexpensive, mobile wonders in your tote to guarantee a workout no matter where you are. They provide a low-impact, powerful method to build lower body and core strength, **improve balance**, increase range of motion and strength of hip joints, and add some cardio conditioning as well.

Using Elasticized Resistance Bands--These are inexpensive strength-training tools that you can carry in your pocket. The band provides a constant amount of tension during the entire movement of the joint. This requires the recruitment of more muscle fibers. Because the tension is constant, there is no thrusting or one point in the movement where the stress on the joint is greater. With that constant tension, your muscles and connecting tissues will increase their “pull” on the adjacent bones providing stimulation

to help slow down bone loss. The Bands are long, FLAT, elasticized resistance bands (NOT loops or tubes). NO anchors are required. I suggest purchasing 3 bands, each with a different level of resistance in order to provide additional resistance as you grow stronger. A link to a sample “kit” is referenced below as well as a “Get to Know Your Band(s)” section.

Using Light-to-Moderate Weight Dumbbells—We will use dumbbells to target shoulders, biceps and triceps to increase strength, definition and range of motion.

Using a sturdy-backed chair for lower body exercises including hip mobility.

3--Free Time

This is a fun, popular segment! You are free to dance-like-no-one-is-watching to a favorite three-to-four-minute track from the past. Enjoy your own freedom of movement.

4—Cooldown

All my classes finish with static stretching and relaxed breathing.

Equipment Required

To have the most favorable experience from this workout, you will need:

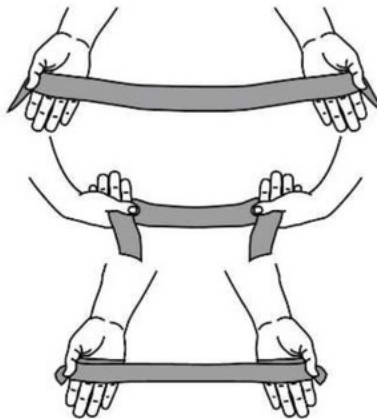
- 1 set (3 bands with varying resistance) of FLAT, elasticized resistance bands (No LOOPS or tubes). You can click [HERE](#) for a link to a sample. Please review “Get to know your Band(s)” below.
- Pair(s) of dumbbells with light-to-moderate weight. For the veterans in the class, heavier weights can be used for concentrated biceps and triceps exercises.
- A firm-backed chair (dining or office – no rollers or swivels)
- 2 Exercise gliding or sliding discs (exercises can be done with or without). You can click **HERE** for a link to a sample.
- Padded strength-training or cycling gloves (optional)
- Please wear comfortable workout clothing, **sturdy athletic shoes** (no bare feet or socks) and have water handy to stay hydrated.

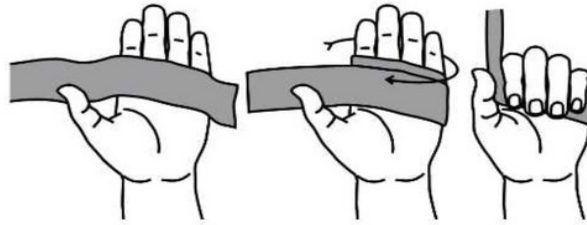
Get to know your Band(s)

Learn how to hold your Bands properly and comfortably. Following are diagrams demonstrating three different grips. I wear my weight-lifting gloves which work well with the Bands because they add extra padding on the bottom knuckles of my fingers and through the palm area to help me maintain a solid, comfortable grip without straining. Cycling gloves also work well. (Additionally, the gloves will come in handy when you work out with free weights or on weight machines).

Grip Wrap

Lay the band flat in your hand with the end toward your pinky finger. Wrap the long end of the band around the back of your hand. Repeat as needed. Firmly grasp.



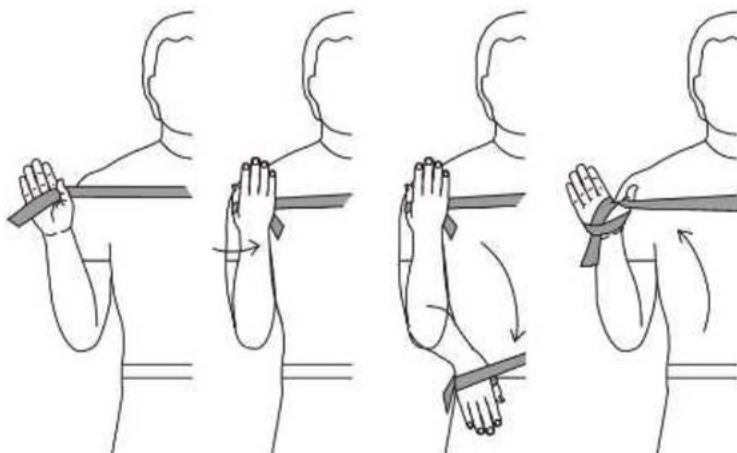


Palm Wrap

Begin with palms up and ends of band between the thumb and palm. Rotate your palms inward, bringing the band around the back of your hands. Repeat as needed. Firmly grasp.

Euro Wrap

Begin with your palm facing forward and the ends of the band between the thumb and palm. Rotate your arm inward. Turn your hand downward, bringing the band around the back of your hand. Return the palm facing forward, bringing the band between the thumb and fingers.



Additional safety tips can be found using the following link:

<https://www.thesilverlining.com/safety-tips/resistance-band-safety>

If you have any questions, please refer to my website at www.chezfit.com or contact me at luannekalman@gmail.com