

**UCRIVERSIDE** UNIVERSITY OF CALIFORNIA | Healthy Campus

# LIVE FIT LIVE WELL

A complete book of  
easy-to-follow exercises  
for all levels!

In collaboration with **UCR** | Recreation



UNIVERSITY OF CALIFORNIA  
**UCRIVERSIDE** | Healthy  
Campus

Information about this program and how to get a fitness bag contact **[michelle.sansone@ucr.edu](mailto:michelle.sansone@ucr.edu)** or **(951) 827-2286**.

## EXERCISE DISCLAIMER

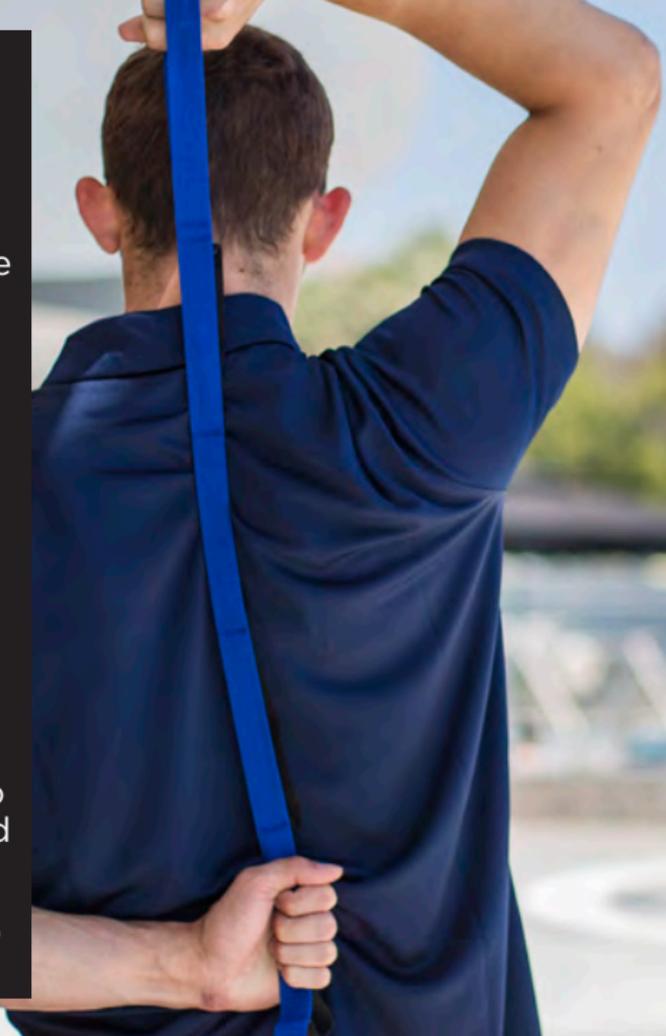
In the interest of your safety, it is important to check with your physician before beginning any exercise program and to exercise according to your fitness level and capabilities.

### **Fitness Services Available on Campus**

The Student Recreation Center offers services including consultations, fitness assessments, and personal training sessions.

Visit the front counter of the Student Recreation Center or go to [recreation.ucr.edu/fitwell](https://recreation.ucr.edu/fitwell) and select **“Personal Training”**.

Contact [jescelyn.villarreal @ucr.edu](mailto:jescelyn.villarreal@ucr.edu) for questions.



# WORKOUT GUIDELINES

**Warm Up:** A minimum of five to ten minutes of low- to moderate-level activity is essential. Also include a variety of dynamic stretches.

## **Resistance Exercise:**

1. Train each muscle group 2-3 days each week using a variety of exercises or equipment.
2. 2-4 sets of each exercise will help improve strength.

3. For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.
4. Rest as needed in between sets.

**Flexibility Exercise:** Perform a variety of static stretches for the muscle groups worked during exercise. Hold each stretch for 10-30 seconds to the point of tightness, but not discomfort. Repeat each stretch 2-4 times.

## LUNGE

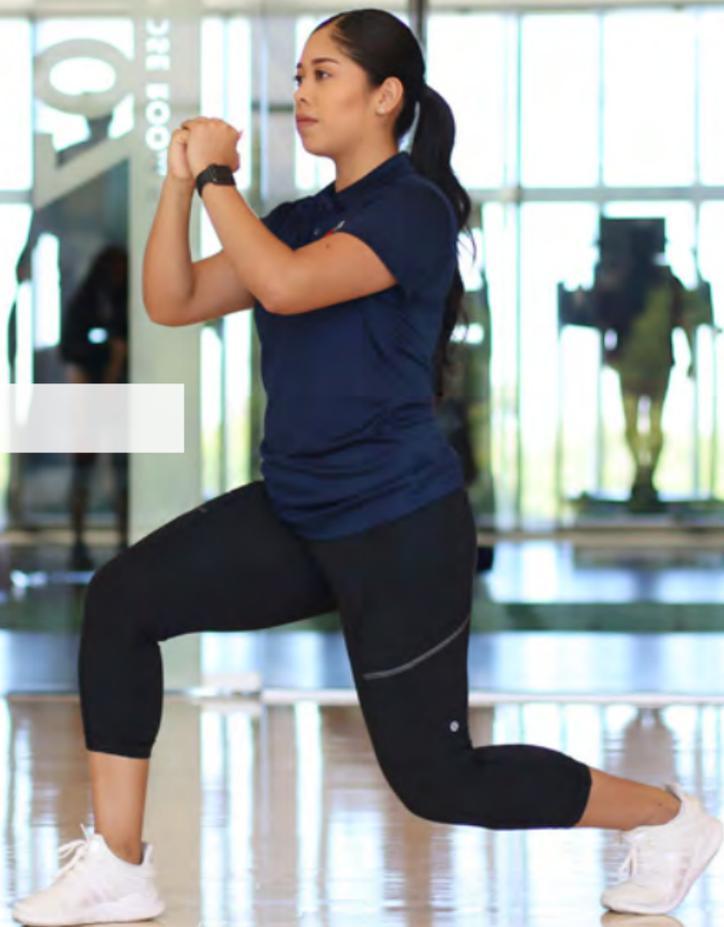
- Step forward with one foot.
- Lower your body towards the floor keeping your body upright and forming a 90-degree bend at the knee.
- Make sure your front knee does not go past your toes.
- Return to standing without locking your knees. Switch legs and repeat.

See reverse for more >>>



## LUNGE

- Step 2 of 2



## BODY WEIGHT SQUAT

- Stand straight, chest up, shoulders back, and feet shoulder width apart.
- Keeping your back straight and abdominals tight, squat until your legs are close to 90 degrees.
- Keep your weight on your heels and make sure your knees do not extend past your toes.
- Return to standing without locking your knees.

See reverse for more >>>





## **BODY WEIGHT SQUAT**

- Step 2 of 2

## PUSH UP

- Place your hands on the floor slightly wider than shoulder width apart.
- Keep your knees on the floor or balance on your toes (for more advanced).
- Lower your entire body to 90-degree bend in the elbows, with your chest a few inches from the floor.
- Push up until your arms are straight, but not locked.



See reverse for more >>>



## PLANK & SIDE PLANK

- Place elbows at 90-degree angle on the floor, head looking down, and toes on the floor.
- Keep your core tight, back straight and hold the position for 30-45 seconds. Repeat 2-3 times.



See reverse for more >>>

## PLANK MODIFIED

- On knees



## SIDE PLANK

- Step 2 of 2



See reverse for more >>>

## SIDE PLANK MODIFIED

- Step 2 of 2



## BIRD DOG

- Position yourself on your hands and knees, back straight, and head in line with your spine.
- Raise left arm straight in front of you and raise your right leg straight behind you.
- Hold the position for 5 seconds. Return to starting position and switch sides.
- Complete 15-20 repetitions, 1-3 sets.

See reverse for more >>>

## BIRD DOG

- Step 2 of 2





## VERSA LOOP

### LATERAL WALK

Stand in an athletic ready position with the Versa Loop around the ankles, knees bent and torso strong. Step to the side with the lead leg, increasing tension of the Versa Loop. Maintain controlled tension as the following foot step sideways toward the lead leg. Repeat 2-4 times, then change lead leg.

See reverse for more >>>

## LATERAL WALK

- Step 2 of 2



## MONSTER WALK

Stand in an athletic ready position with the Versa Loop around the ankles, knees bent and torso strong. This is similar to lateral movement. Take a large step forward with your right foot, followed by a larger step with your left foot.



See reverse for more >>>

## MONSTER WALK

- Step 2 of 2



## LEG CURL

Stand with one end of the Versa Loop around one ankle and hold down the other end of the Versa Loop with the opposite foot. While standing tall, bring the heel of the looped ankle parallel with the ground, curling the leg to the desired resistance. Pause at the height of the motion then return to the starting position. Be sure to maintain an upright posture when performing the leg curl.

See reverse for more >>>



## LEG CURL

- Step 2 of 2



## GLUTE BRIDGES

Start by placing the Versa Loop around both feet and pull the band up right above your knees. Lie on the floor, face-up, with your knees bent to 90 degrees, feet flat on the floor and arms out to

your side. Ensure your lower back and buttocks are off the floor, with only your shoulder blades and feet on the floor. Spread your legs apart slightly so there is tension in the Versa Loop.

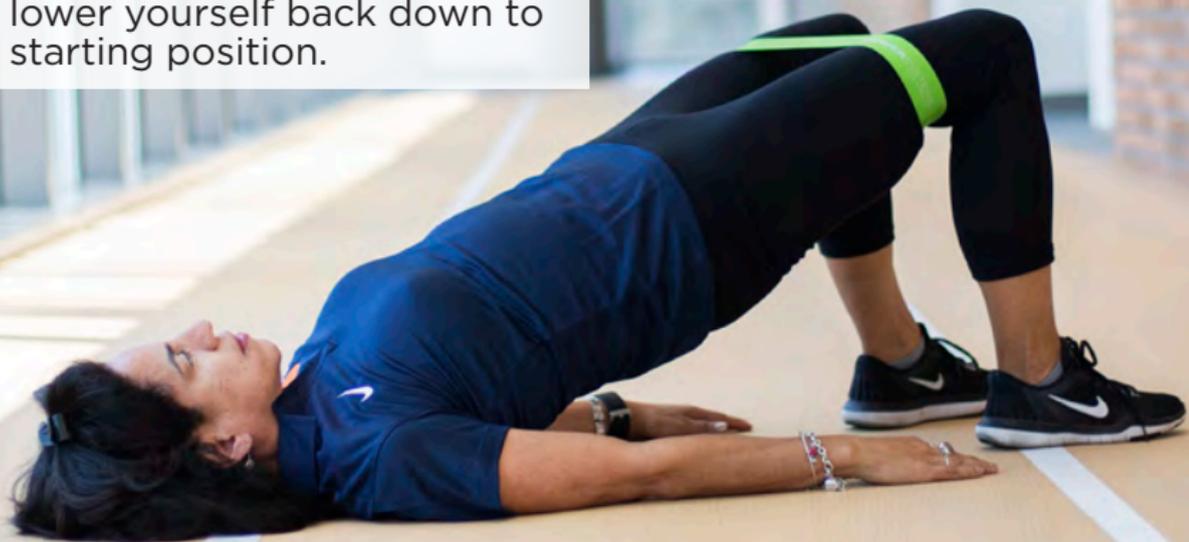


See reverse for more >>>

## GLUTE BRIDGES

- Step 2 of 2

Continuously raise your hips off the ground until your knees, hips and shoulders are all in a straight line. Pause at the top of the lift, then slowly lower yourself back down to starting position.



## REAR LEG RAISE

With the Versa Loop around the ankles, stand tall on one leg and raise the other leg backward 20-45 degrees. Pause at the height of motion then return to the starting position. Be sure to maintain an upright posture when performing the extension.

See reverse for more >>>



## REAR LEG RAISE

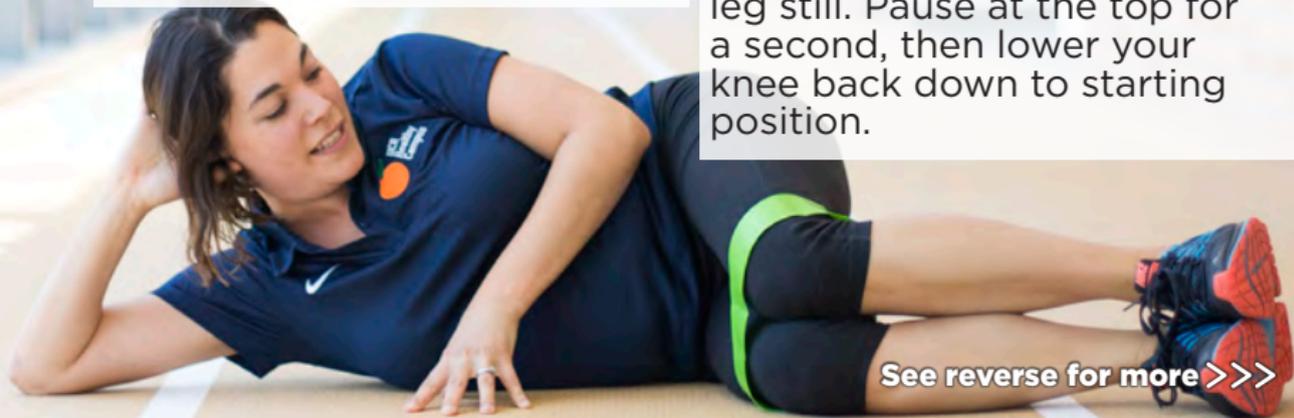
- Step 2 of 2



## CLAM SHELLS

Place the Versa Loop around both feet and pull it up so it is positioned around both knees. Lie on the floor on your right side, with your hip and knees bent about 90 degrees. Your left leg should be on top of your right leg

and your feet should be on top of each other with your heels touching. Keeping your feet together, raise your left knee as high as you can (going into external rotation) without moving your pelvis and keeping your bottom leg still. Pause at the top for a second, then lower your knee back down to starting position.



See reverse for more >>>

## CLAM SHELLS

- Step 2 of 2



## TUBING

When performing these exercises, focus on maintaining good posture, a neutral spine, and a strong back and core. Do not lock the legs.

### LATERAL RAISE

Stand with the feet hip-width apart. (Progression: Stepping wider will increase the resistance). Center the Versa Tube, underneath both feet. Ensure the tube is placed on the center or arch of your foot for safety. Hold the handles at the sides of the body with the palms facing in.

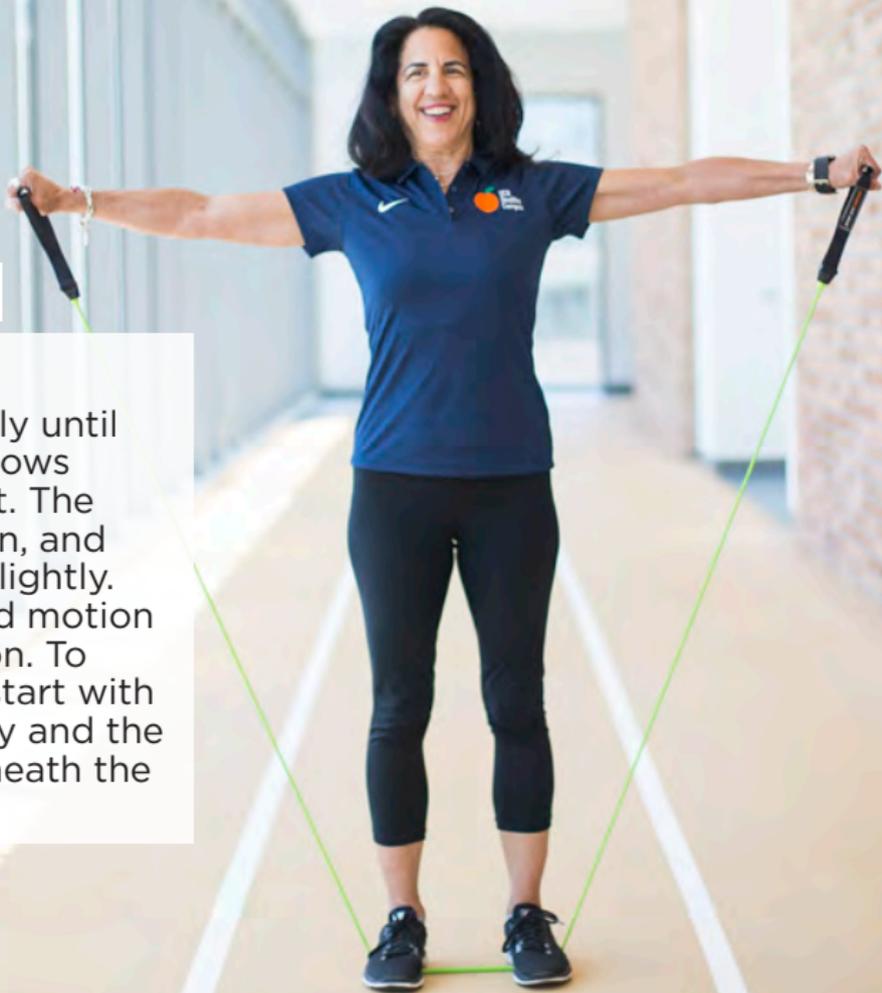
See reverse for more >>>



## LATERAL RAISE

- Step 2 of 2

Raise the arms laterally until hands, wrists, and elbows reach shoulder-height. The palms are facing down, and the elbows are bent slightly. Control the downward motion to the starting position. To modify the exercise, start with feet staggered slightly and the tube centered underneath the front foot.



## SEATED ROW

Sit on the floor with the legs extended. Wrap the Versa Tube, underneath both feet and grasp the handles with arms extended. Ensure the tube is placed on the center or arch of your foot for safety. Pull the handles back by bending the elbows and gently retracting the shoulder blades. Keep the elbows close to the rib cage, or pull out wide for variety.



See reverse for more >>>

## SEATED ROW

- Step 2 of 2



## BICEP CURL

Stand with the feet hip-width apart. Center the Versa Tube underneath both feet. Ensure the tube is placed on the center or arch of your foot for safety. Hold handles at the sides of the body with the palms facing forward.

See reverse for more >>>

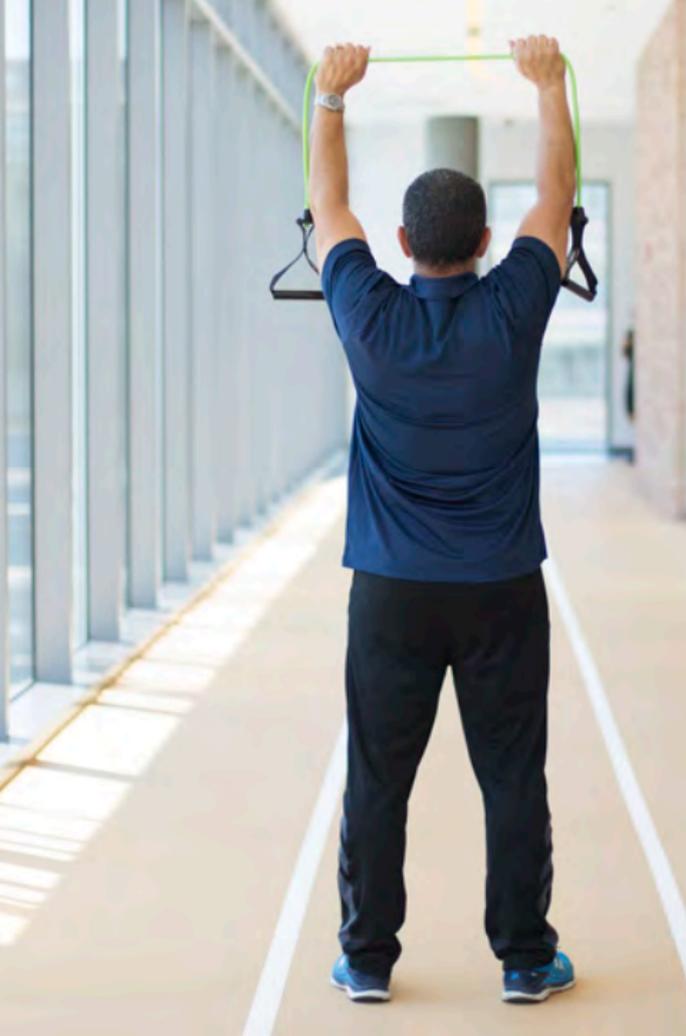


## BICEP CURL

- Step 2 of 2

Bend the elbow to raise the handles up in front of the shoulders. Hold the wrists in a neutral position, and keep the elbows close to the body. Control the resistance as the hands are lowered back to the start. To modify the exercise, start with feet staggered slightly and the tube centered underneath the front foot.





## LAT PULL DOWN

Stand with feet hip-width apart maintaining a strong and neutral posture. Hold the Versa Tube with the arms extended above the shoulders. Pull one arm down, bending the elbow and aiming it down and back. Control the motion while extending the arm and bringing the hand back to starting position.

See reverse for more >>>

## LAT PULL DOWN

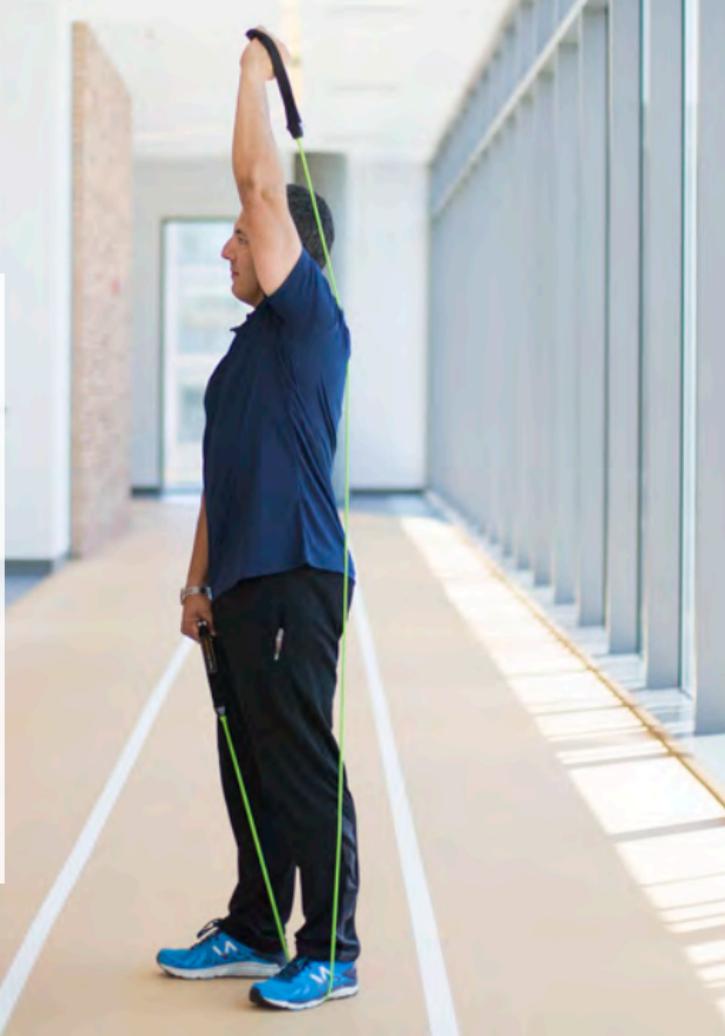
- Step 2 of 2



## TRICEP EXTENSION

Stand with the feet hip-width apart. Center the Versa Tube underneath one foot. Hold one handle in front of the body. With the working arm, hold the other handle behind the head, elbow aiming upward over the shoulder. Extend the arm up straightening it against the resistance until the hand is over the elbow and shoulder. Control the motion bending the elbow back to the starting position.

See reverse for more >>>



## TRICEP EXTENSION

- Step 2 of 2



# DYNAMIC STRETCHING STRAP

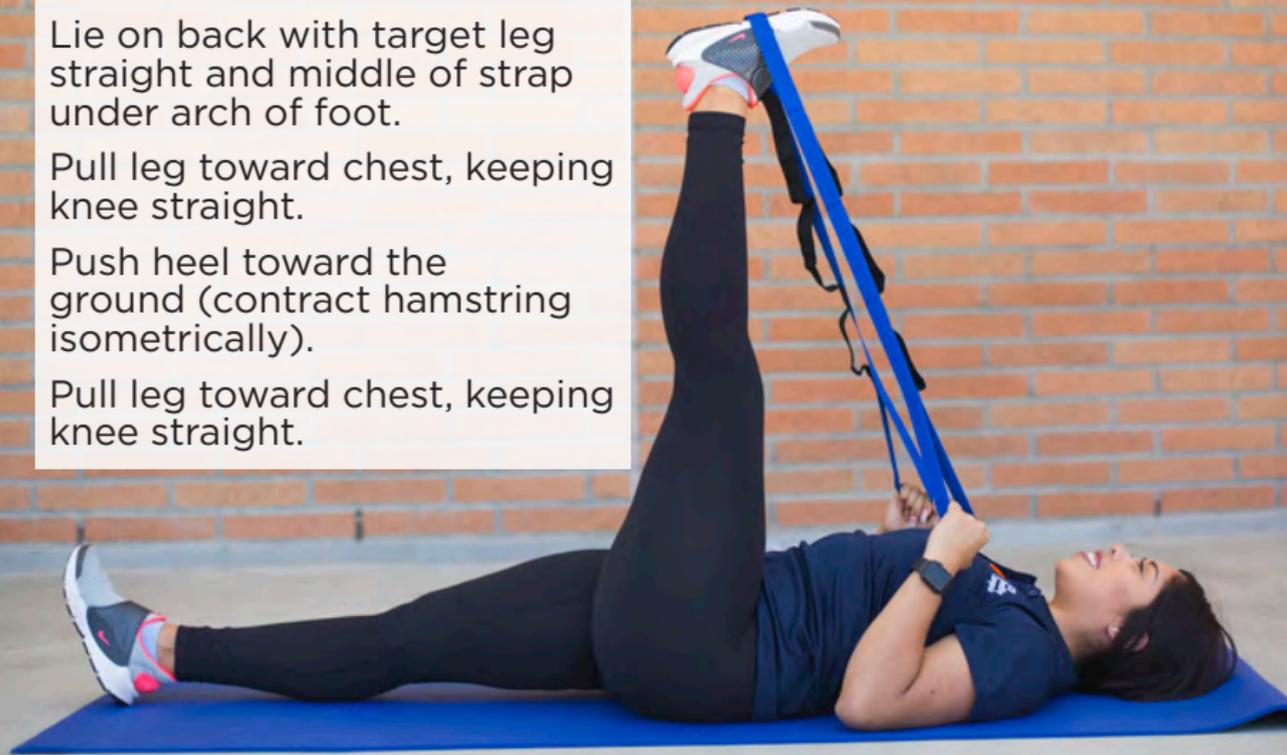
## HAMSTRING

Lie on back with target leg straight and middle of strap under arch of foot.

Pull leg toward chest, keeping knee straight.

Push heel toward the ground (contract hamstring isometrically).

Pull leg toward chest, keeping knee straight.



## QUADRICEPS

Lie on stomach with target knee bent, loop on top of foot, and strap over opposite shoulder.

Pull foot towards buttock, keeping back flat.

Push foot toward the floor, as if straightening the leg, (contract quadriceps isometrically).

Pull foot toward buttock, keeping back flat.



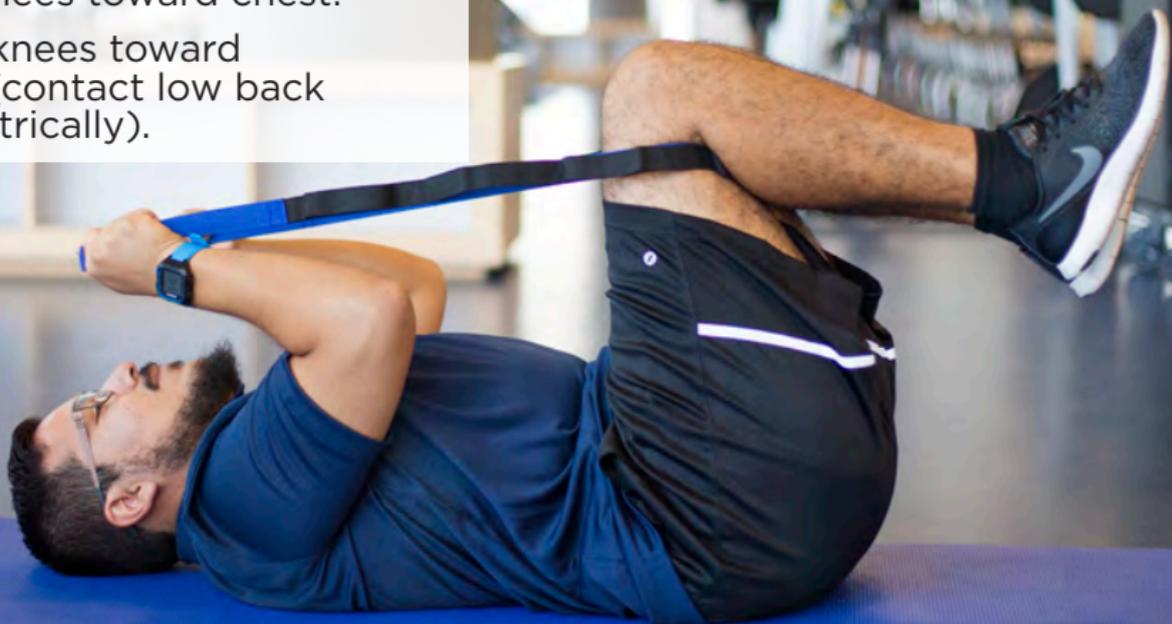
## LOW BACK

Lie on back with knees bent and strap behind knees.

Pull knees toward chest.

Push knees toward floor (contact low back isometrically).

Pull knees toward chest.



## INNER THIGH

Lie on back with target leg straight, end loop under arch of target foot. Opposite leg is out to side.

Pull leg out to side, keeping toes pointing up.

Push target leg toward opposite leg (contract inner thigh isometrically).

Pull leg out to side, keeping toes pointing up.



## OUTER THIGH

Lie on back with legs straight, target leg crossed on top of opposite leg. End loop under arch of target foot, with strap around outside leg.

Pull leg up across body, rotating foot outward.

Push leg back to midline (contract outer thigh isometrically).

Pull leg up across body, rotating foot outward.





## FOAM ROLLER

### HAMSTRINGS

Place the roller under you, beneath your knees with your legs straight out. Make sure your hands are directly under your shoulders. Lift yourself up and move your body away from your hands, rolling your hamstring continuously towards your glutes and back towards your knee. To progress, this can be done on one leg by placing the roll under you, beneath your knee with one leg straight out and one leg bent. Make sure to have foot's leg that is bent flat on the ground.

## BACK/THORACIC SPINE

Place the roller horizontally to your back or perpendicular to the spine, with your buttocks and feet flat on the ground. Place your hands and elbows together and bring your hands just over the top of your head. Lift your pelvis and slowly roll back and forth, relaxing your

spine over the roller. Roll from the base of your neck to the lower part of your rib cage. Try rolling with the arms overhead. Transition back into hands on your head with your elbows inward, try performing crunches focusing on relaxing your spine over each repetition.



## QUADRICEPS

Lie on your stomach and place the foam roller under your thigh. Balance yourself on your elbows and forearms and lift your feet off the

ground. Slowly roll up and down up to the bottom of your hip and towards the top of your knees. To progress, this can be done rolling one while the other is lifted in the air.



## IT BAND

Come onto the foam roller on your right side with your right hand supporting your upper body weight. Keep your right leg mostly straight and your left leg there for support. Start at your hip area, and then roll down toward your knee. Repeat on your left side.



## GLUTES

To begin, sit with one leg crossed over the other while sitting on top of the foam roller. You should almost be sitting directly on top of the foam roller with the roller at the top of your glute muscle towards your lower back. Lean slightly towards the leg you're working. Roll your way down. The movement should be a few inches. Be careful to not fall off the foam roller.

