



Vancouver Park Board

Workouts with familiar faces

Provided by [Nancy Wong](#)

Side Lunges

This exercise can be done by almost anyone (avoid if you recently had knee surgery) and focuses on the abductor (outer thighs muscles) and adductors (inner thighs muscles)

Directions:

- 1). Stand straight with hands in front of you
- 2). Take one step laterally and bend the knee to your comfort level
- 3). Go back to starting position
- 4). Take a step laterally the other way and bend the knee to your comfort level



Rep:10 /Sets:2 /Weight: Body weight

Hamstring curls

This exercise can be done by anyone and focuses on the hamstrings (muscles on the back of the thighs)

Directions:

- 1). Stand behind a chair
- 2). Hold on for stability
- 3). Bend one leg back from the knee joint

4). *Reset*

5). *Follow steps 1-3 on the other leg*



Rep:15 per leg/Sets:2 /Weight: Body weight

Quadriceps Extension

This exercise can be done by almost anyone (avoid if you recently had knee surgery or have an existing knee injury) and focuses on the quadriceps (muscle at the front of the thighs)

Directions:

1). *Sit with your back on the back rest of a chair*

2). *Kick one leg to full knee extension*

3). *Repeat steps 1 & 2 for the other leg*



Rep:15 per leg /Sets:2 /Weight: Body weight

Bicep curl (using can as weight)

This exercise can be done by anyone and focuses on the biceps (muscle at the front side of the upper arm)

Directions:

- 1). Stand with legs shoulder length apart*
- 2). Hold weights in each hand*
- 3). Flex the arm at the elbow joint (avoid moving any other joint)*
- 4). Bring arms back to the beginning position and repeat*



Rep:15 /Sets:2 /Weight: Any can that can fit in your hand comfortably

Standing Shoulder Press (using cans as weight)

This exercise can be done by almost anyone (avoid if you have an existing shoulder injury) and focuses on the deltoids (muscles of the shoulder joint)

Directions:

- 1). Stand with legs shoulder length apart*
- 2). Bring weights to shoulder level*
- 3). Extend arms over head to full extension*
- 4). Bring weights back to shoulder level and repeat*



Rep:15 /Sets:2 /Weight: Any can that fits into your hands comfortably

Double Arm Rows (using cans as weights)

This exercise can be done by almost anyone (avoid if you have current lower back injuries) and focuses on the muscles of the mid-back

Directions:

- 1). *Bend knees slightly*
- 2). *Hinge at the hip to approximately a 90 degree angle*
- 3). *Ensure that back is flat (not concave or convex)*
- 3). *Drop arms holding weights*
- 4). *Row the weight towards the hip*
- 5). *Bring arms back to starting position and repeat*



Rep:15 /Sets:2 /Weight: Any can that fits into your hands comfortably

Standing Triceps Extension

This exercise can be done by almost anyone (avoid if you have current shoulder injuries) and focuses on the triceps (muscle on the back of the upper arm)

Directions:

- 1). Stand up straight and raise arm to full extension
- 2). Bend arm at the elbow joint
- 3). Bring arm back to original position



Rep:15 /Sets:2 /Weight: Any hand that fits into your hands comfortably

Plank

This exercise can be done by almost anyone (avoid if you have an existing shoulder injury) and focuses on the transverse abdominus (the muscle that bands around the entire torso)

- 1). Lay on the stomach
- 2). Prop lower body up onto the toes (if this is too difficult prop lower body up on the knees instead)
- 3). Prop the upper body up onto the forearms
- 4). Keep your back flat (like a table top)
- 5). Hold in this position



Rep: Hold for 15 seconds /**Sets:**3/**Weight:** Body weight

