

2018 *Rocktober* Functional Fitness.

Halloween Workout

- Move through the following exercises fluidly, taking rest as needed.
- For exercise descriptions go to www.functionalfitness.ca/rocktober.html

Pick your ability level and get started:

1. Scarecrow (10 repetitions)
2. Bird Dog (10 repetitions/ side)
3. Sumo Squat (10 repetitions)
4. Inch Worm (10 repetitions)
5. Spiderman Plank (10 repetitions/ side)
6. Dead Bug (10 repetitions/ side)
7. Superman (10 repetitions/ side)

Level 1 – Trick-or-Treater – 2 rounds

Level 2 – Everyday Crime Stopper – 3 rounds

Level 3 – Superhero – 4 rounds



Scarecrow



Instructions:

- Start off in a “*Bent Over Row*” position (bending forward at the hips, legs bent, back flat arms hanging by the sides – NOT SHOWN)
- Raise the elbows out to the sides (1). Make sure the elbows are in line with the shoulders, not pulled back like in a row;
- Keep the elbows locked and rotate the arms upwards (2). Keep the back flat;
- Keeping the back position, press the weights up and overhead (3). Make sure you extend the arms all the way ;
- Now reverse the movement in the same step-by-step manner (i.e. UNpress back to (2), UNrotate back to (1), lower the arms to hang by the sides;
- Repeat for the desired number of repetitions.

Modifications and Tips:

- You can do this exercise from a seated position hinging forward at the hips.
- Ensure that you keep your back flat.
- Don’t worry about using weights until you have the movements down.

Cross Crawl/ Bird Dog



Instructions:

- Start off in a four-point, kneeling position with hands and knees shoulder-width apart, palms on the floor and a “flat-back” position;
- Lift your right leg straight out behind you while simultaneously lifting your left arm straight out in front of you;
- Hold for the recommended interval, then drop your arm and leg;
- Repeat on the opposite side, alternating until you’ve performed the recommended number of repetitions.

Modifications and Tips:

- Ensure that your back stays flat throughout this movement. Do not let it sag as you extend arms and legs.
- Focus on a tight core and balance as you move.

Sumo Squats



Instructions:

- Take a wider-than-hip stance with toes pointed outwards;
- Begin to “squat” down, letting the hips open wide and the knees follow the line of the toes (which
- Keep the chest and shoulders high as you lower the hips downward;
- Feel a stretch through the inner thigh as you reach the bottom of the squat;
- Squeeze the legs and glutes as you stand back up;
- Repeat for the suggested number of repetitions.

Modifications and Tips:

Inch Worm



Instructions:

- Stand tall with good posture (1);
- Bend forward so that your hands touch the ground (2), try to keep the legs as straight as possible;
- Begin to walk the hands forward (3) – do not move the feet;
- Keep walking the hands out and away from the feet (4);
- Once you’ve walked the hands out as far as you can, begin to “tip-toe walk” the feet back towards the hands (5). Keep the legs straight and don’t move the hands;
- Walk the feet in as close to the hands as you can without bending the legs (6);
- Hold this position for a second, driving the heels towards the ground to get a really good calf stretch;
- Repeat for the suggested number of repetitions.

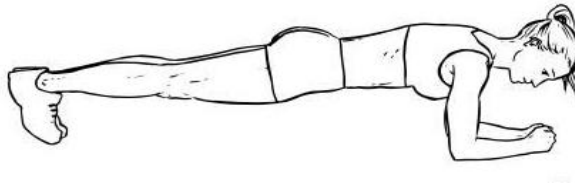
www.FunctionalFitness.ca

Modifications and Tips:

- Try to walk the hands beyond where they would be positioned for a *Push-Up*.

Are You Ready?

Spiderman Plank



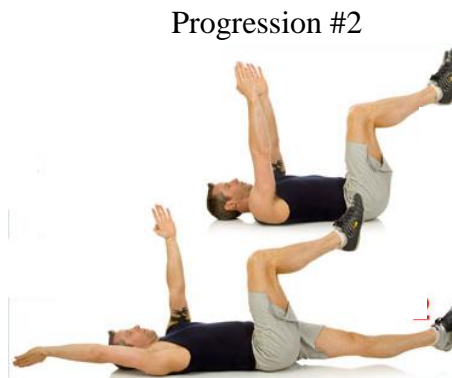
Instructions:

- Set up in a *Plank* position on the forearms and toes;
- Hold the core tight as you lift one leg off the ground, open the hips and drive it towards the elbow (think of trying to touch your knee to the tricep);
- Step the foot back into the starting position before switching legs;
- Alternate sides until you have completed the suggested number of repetitions.

Modifications and Tips:

- Keep the abdominal muscles tight as you bring the knee up.
- Pay attention to your lower back – do not let it begin to sag.

Dead Bug



Instructions:

- Lay on your back, with legs and arms positioned as per your selected level of Progression;
- Lower OPPOSITE arm and leg towards the ground (this is a bit of a mind-twister);
- Return them to the starting position (and switch sides depending on your level of progression);
- Repeat the suggested number of rep's for both sides.

Modifications and Tips:

- Don't let the lower back arch as you lower the limbs.

PROGRESSIONS:

1. Hold the leg in
2. Knees bent
3. Legs straight
4. Legs straight with abdominal activation
5. Abdominal engagement with yoga block/ ball

Superman



Instructions:

- Lay on your stomach with your face down and your arms extended out overhead;
- Raise your head, hands, shoulders and chest off the ground;
- As you're raising the upper body, raise the legs off the ground;
- Ease the body up under control and control your body back to the floor ;
- Repeat for the suggested number of repetitions.

Modifications and Tips:

- Make this a controlled movement. DO NOT throw your body up.

REGRESSION:

- If you find the arm position overhead to be too challenging, bring the hands down but out from your sides (see the inlay pic)