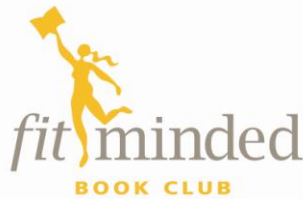


POWER WALK: Walking and Resistance Band Interval

- 0:00-0:05 – Warm-up walk
- 0:05-0:10 – Increase pace
- 0:10-0:15 – **Band Interval 1**
 - Standing chest press – 60 seconds
 - Wrap band around a fence or light pull, or do in partners. Stand with your back to the fence/partner and far enough away to feel tension in the band. Holding onto the band handles with palms facing downward, press the band away from object or each other. If doing in partners, make both partners press the band away from each other at the same time.
 - Squat with lat pulldown – 60 seconds
 - Hold the band in both hands. Sit back into the heels and squat down. Push up from the squat and balance on the right leg, lifting the left knee. As you lift the left knee, pull the band down with your left arm, concentrating on drawing your elbows down towards your ribs. Engage your core to avoid leaning to the right too much. Alternate sides.
 - Modification: Perform this exercise without lifting one knee.
 - Repeat each exercise for 60 seconds
- 0:15-0:25 – Walk
- 0:25-0:30 – **Band Interval 2**
 - Standing row in lunge position – 60 seconds
 - Wrap the band around a fence or light pole, or do in partners. Stand far enough away to feel tension in the band. Lower yourself into a lunge position with the right leg forward. Concentrate on keep the elbows tight to the ribs as you row the band away from object or each other. Focus on keeping the torso lifted and right knee over the right ankle. If doing in partners, make both partners row the band away from each other at the same time.
 - Modification: Perform in a modified squat position instead of in a lunge position.



- Modified version with partner:
- Standing torso rotation – 60 seconds
 - Loop one end of the band low around a fence or bench (or partner can hold end, but then you have to take turns). Standing with your arms fully extended about 45 degrees to the attachment and far enough away to feel tension in the band, twist your body away from where the band is attached. Focus on growing taller through the spine and pivoting the inside leg as you twist.



- Another way:
 - Repeat each exercise for 60 seconds: 1) changing lunge position to left foot forward and 2) rotating the opposite direction
- 0:30-0:40 – Walk
- 0:40-0:48 – **Band Interval 3**
 - Park bench step-ups – 60 seconds
 - Keep the chest lifted as you step the right leg up onto the bench and drive the left knee upward. Step the left leg, followed by the right, back to the ground. Continue leading with the right leg and driving the left knee up. Repeat on the left side for the 2nd set.
 - Modification: Keep the chest lifted as you step the right leg, followed by the left leg up onto the bench. Step down with the right leg, followed by the left. Alternate lead legs.
 - Standing bicep curl to lateral raise – 60 seconds
 - Stand with feet about shoulder width apart with the band underneath the feet. Perform a bicep curl. As you curl, focus on drawing the shoulder blades towards each other (retraction) and sliding them down the back (depression). Upon completion of curl, draw arms out to sides in a side shoulder raise, maintaining the retraction and depression. Once your arms are about parallel to the ground, slowly lower arms back down to bicep curl starting position while maintaining excellent shoulder blade retraction and depression. Continue performing curls/raises for 60 seconds.
 - Abdominals should be engaged and tailbone should be tucked to avoid arching through the back as you retract and depress the shoulder blades.
 - Tricep kickbacks – 60 seconds
 - Loop your tube around a fence or light pole, or do with a partner. Face the fence/partner, as you hinge forward at your hips and bend slightly through your knees, keeping your back straightened. Position both of your elbows up high, and keep them there throughout the entire exercise. Your elbows will act as a hinge as you and your partner slowly straighten your arms backward. Your elbows should not move out of position. Slowly return to the starting position.



- - Repeat each exercise
- 0:48 – 0:55 – Last walk
- 0:55 – 1:00 – Static stretches