

Fitness in a Flash

ALEX MURPHY: Hi folks. My name is Alex Murphy. I'm the program coordinator with WSU Global Campus Connections. We're excited to bring you Fitness in a Flash tonight. We've got Jess and Matt with the WSU University Recreation program.

And they're going to be walking you through a few simple easy moves that you can take with you throughout your day. For those of you tuning in at home make sure that you get up, join us, feel comfortable, move around, and let us know in the chat box what you're doing, and how you're enjoying it. So I'm going to turn it over to Matt and Jess.

JESSICA WHITT: Oh. Hey Cougs. My name is Jessica Whitt, and I am the assistant director for Fitness and Education here at University Recreation.

MATT ATWELL: My name is Matt Atwell. I'm the coordinator of Fitness Services and Education here at WSU.

JESSICA WHITT: And kind of like Alex said, just to reiterate, we're going to give you some really great fundamental exercises that you can use throughout your day and tell you how to create your own workout. And hopefully these workouts you can do on the go.

You can do them at home. You can do them in your office. So by the end of this 30 minutes-ish you should be able to do all of that.

MATT ATWELL: Yeah. Our goal today is to give you some highly modifiable workouts taking from different styles of workouts that you can kind of pick from, and be creative with how you program your own workouts.

JESSICA WHITT: Yeah. And also remember it's Pac12 fitness challenge week this week. So after you're done doing our workouts with us, you need go log your minutes on to the Pac 12 fitness challenge site. And you can just go to the University Recreation home page and click on Pac 12 fitness challenge. Go Cougs.

We almost win every year. This is going to be our year.

MATT ATWELL: This is it. This the year.

JESSICA WHITT: [INAUDIBLE].

MATT ATWELL: If you go home and log your minutes.

JESSICA WHITT: Because of you too. Yeah. OK. Anyways. All right, Matt. I'm going to bring Brenda on. OK. So this is Brenda Cleaver. She's our GA for our Wellbeing Online, which-- another plug by the way. If you go on to Wellbeing Online after this session in the weeks to come, Brenda and Ramon are going to put up weekly exercises using the exercises that we do today.

OK. So first thing we're going to do is we're just going to go through some, like I said, fundamental exercises, functional exercises for you to do. And we're going to go through a squat first. A squat is very simple. It's like sitting down and standing right back up.

So notice Brenda-- keep going for me Brenda. Brenda's just doing a normal squat. This is an unmodified regular air squat. Notice her spine is nice and neutral she's sitting down, her knees are behind her toes, and she has a nice proud chest.

OK. Now we're going to do a modified version-- which hold on a second. Keep squatting Brenda. Keep squatting. I'm going to bring a chair. And this can be anything. This can be a counter top. It can be your desk. And I'm going to ask Brenda to hold on to the chair-- put her hands lightly on the chair, and just stand up and sit down.

It would be nice if the chair is a little bit higher, but that way she has a little bit of support when she's doing her squat. OK. Great. Thank you, Brenda. And now we're going to modify this even more. Oh. I didn't see the chair right here. So Brenda is going to add a little plyo to this.

This is going to get her heart rate up and make her sweat a little bit. So she's just squatting and jumping up. And this is a plyo squat. Thank you, Brenda. You can relax now. And now it's going to be Matt squared. Come on up.

MATT ATWELL: This is Matt Shaw. Matt's going to be our fitness guru extraordinaire. OK. So the first thing that we're going to do is we're going to do a push up. OK. It's everyone's favorite full body workout exercise. So what Matt's going to do is-- that's a push up right there.

OK. What I want to see Matt do is I want to keep his core nice and tight. He's going to bring his hips up just a little bit. Go and hang on just for a second. And I want his elbows to come back at about a 45 degree angle. All right. He's going to get really close to the ground and come up. OK. Pretty standard push-up.

Go ahead and relax for a second. To make that a little bit easier, what I'm going to have Matt do is I'm going to have him put his knees on the ground. OK. Nothing changes from there. We

want our core nice and tight. We want our hands underneath the shoulders. I want his head neutral too. So I don't want him looking up, or I don't want him looking him back. I just want his eyes kind of focused on the floor underneath him. Core nice and tight. Nothing changes. OK. You're going to squeeze the belly as hard as he can when he does this.

He's going to bust out some reps there. Cool. OK. Matt's pretty good at push-ups. We are going to make him work a little bit now. OK. What I want Matt to do now is he's going to do a full push-up, but at the bottom of the repetition he's going to put his chest on the ground, bring his hands off the floor-- just hang out for a second right there. And when he's ready, then he's going to bust out a rep right there.

OK. Hands go right underneath the shoulders, head stays neutral, core stays nice and tight. He's going squeeze his glutes as hard as he can. That's called a hand release push up. OK. Nice work. Everyone likes to do abdominal exercises. So we are going to work on an abdominal exercise now. OK. I'm going to have Matt just going to sit down on his backside. And Matt would you mind just showing everybody just what an abdominal row looks like. Just like that.

So it's almost like he's just rowing a boat. Right? I want Matt to keep his feet kind of off the floor just a little bit. Bend your knees. Good. And stick your feet out so that they barely scrape the top of the floor. Just like that. Good. So it's a difficult exercise. Good. OK. So we're going to make this a bit easier on Matt. So I want him to do is I want to put his hands back behind him. Just going to give myself a little bit of balance there.

It's going to keep the core nice and tight. His going to bring his upper body up to meet his knees, kick his heels out right across the top of the floor. Just like that. OK. So that's a modified version of abdominal row. Nice work. We're makes a little more difficult, though. OK. Because everyone likes more difficult abdominal exercises. What I want Matt to do is, I want him to lay down completely, bring his hand back behind him, and put him back behind his head.

I'm going to put my hand right here, and I want him to touch his hands and his toes to about where my hand is right here. Boom. Right there. OK. We just call that a V-up because it is in the shape of a V. That's it. How you feeling?

MATT SHAW: Whew. Tired.

MATT ATWELL: Yeah? OK. Last exercise that we're going to do is going to be a burpee. OK. So it kind of puts a lot of different things together here. So what I want Matt to do is he's going to start out from a standing position, he's going to come down to the floor. I want his thighs, hips and chest to touch the ground. All right. Go ahead and stop when you get to that position. That's the first part of a burpee. OK.

Everybody can fall down the floor, but getting back is kind of a difficult part. So what I want Matt to do is he's going to kick his feet up and I want his feet to land somewhat close to his hands. He's going to stand up, jump, and clap, put his hands either above his head or behind his head. That's a burpee. OK. We can make that a little bit easier too.

OK. There you go. There's a burpee. So in order to make that little bit easier, we're going to eliminate the push-up part. So all I want to see-- Matt I just want you to come down to the floor, put your hands down in a plank position-- don't need to do a push up. Then I just want you to stand up from there. OK. That's it. OK. So we eliminate the push-up part of it. We can just get down to the ground. And we are not doing anything with the upper body, but if we do a few of these, heart rate is going to get jacked up, and that's kind of the idea of a burpee.

OK. Last one-- is I'm going to have Matt do a strict push-up down at the bottom. So he's going to put his feet out. He's going to do a nice and slow push-up, come back to here, stand up, and then he's going to jump as high as he can. OK. Nice and slow. And get some vertical air. Look. Whoa. All right. That was close. I don't know if you can see at home, but he just touched the ceiling. OK. Give me two more of those. Don't jump quite so high. That's it. Good. OK. One more.

ALEX MURPHY: So we've got a question from the chat box. Michelle wants to know, what do you do if you've got bad ankles?

MATT ATWELL: If you've got bad ankles for a burpee? Honestly, I'd probably say, if this is giving you issues, number one, probably go see somebody about it. Go see a physical therapist or an athletic trainer. If they give you the OK to work out you can eliminate the jumping part of it, and go really slow. OK. You can also just grab a chair. And if you have trouble getting down all the way to the floor you can do the same thing here. So we'll take that modified version of it, will go here, and then just stand up.

OK. So find something in between, If jumping is going to be an issue for you-- it sounds like it probably will if you've got bad ankles. This is it. You can increase your speed if you need to.

OK. And this is just a chair that-- a fairly-- regular chair. Or you can find something a little higher even, or maybe something that's a bit lower. The lower that you get to the ground it's going to be more challenging for you. So find something that you can do.

ALEX MURPHY: And another question, how about a bad knee?

MATT ATWELL: Bad knee. Same thing. As far as injuries go, don't do something that's going to aggravate your knee, your hip, or your shoulder, or whatever it is. So stay away from those activities, and find something that is going to be more appropriate for you. If you're going through an exercise and it is giving you trouble, number one, just don't do that, whatever that is. OK. Find something that you can do.

And if it is still giving you trouble, I'd say go see somebody that can kind of give you some more information about it. OK. Matt's sweating. That's good. Here we go. All right.

JESSICA WHITT: All right. Thanks Matts. OK. Brenda and I are back. We're going to take it back to grade school and do some mountain climbing. So this is a great exercise to get your heart rate up just kind of like a burpee as well. And I'm going to ask Brenda to just stay right here in this nice plank position. And notice that she has a really tight core. And that is the key to a lot of these exercises is she's pushing her belly button up into her spine, she's bringing her shoulders back, engaging those shoulders, and she has a really nice core going. Cores-- yeah. Anyway. You know what I mean.

OK. So from here, Brenda is going to bring one knee up to her chest. She's going to bring the other knee up to her chest. There you go. She's going to speed it up. Now, her goal here is to keep her hips down a little bit, keep that core nice and tight. There you go. Great. So this is a mountain climber. You can relax now Brenda. Thank you. Some way to modify that-- kind of like what Matt was saying, you can take a chair, or you could even do this on a wall, but we're going to do it on a chair today.

So she's going to put her hands on the chair. I'm just going to make sure that it doesn't slip. You don't want it to slip. And she's going to do the same thing. So knee into her chest. And again she's adding a little bit of intensity here by going faster. So if you have anything that's aggravating you when you're doing this just slow it down a bit and just do what feels right for you. OK. Great job. Thank you, Brenda. And to make it even more challenging-- if that's something you're looking for.

We're going to come down here into our plank position and she's going to bring her leg to the side. And that's going to really get those obliques. And she can go a little bit faster. And if you're feeling really spicy, you can add some sriracha to this, put the whole leg through. There you go.

So that's a mountain climber three different ways. And from that-- Thanks Brenda. Now, I'm going to turn it over to Matt. He's going to talk about how we create our own workout. But before that, we have a question.

ALEX MURPHY: Yes. So we have a question from the chat box, how do you modify that if you've got weak wrist or weak shoulders.

JESSICA WHITT: Good question. You can use dumbbells or something. You can even do fists for wrists to straighten out those wrists. And you said weak shoulders? Maybe a little bit lower. Make sure that your hands are about your chest high. If you go up here, go in crazy directions, and you're going past your range of movement that's natural for you. So make sure that you keep your hand-- same with push-ups, burpees, you want to keep your hands in front of your chest a little bit. And you can use fists for wrists or dumbbells. Anything else?

MATT ATWELL: You can also buy wrist supports. That might be an option for you. But again make sure you're going at your own speed, and if something is giving you issues, and if it's painful, find something different is probably the best advice we can give you. OK. We are going to create our own workout now. So I'm going to give you a couple of different ways of-- to use the exercises that we just learned about. And the first we're going to talk about is called a time domain. All right.

So this is the type of workout where you give yourself x amount of time to do y amount of work. OK. And then you can kind of be creative on how you do that. So for example, if you want to do-- I don't know-- you like one exercise a lot and you want to do a lot of them, say all right I'm going to do that for eight minutes. OK. So what you just did is you give yourself a time domain, and you need to do so much work in that amount of time.

So you can just kind of pick where that is. If you're just starting out, start at a minute. OK. Your next workout go two minutes, and work your way up. OK. What you can also do is you don't have to pick one exercise you can pick a couple. You can say, all right I'm going to do five squats, and then I'm going to do five push, and then I'm going to do five ab rows, and I've got eight minutes to do as many as I can. OK. So that's called a time domain.

The next is called a task domain. So that is the type of workout where you give yourself a goal. So eight minutes isn't really a goal. I want to do 200 push-ups. That's my goal. OK. And we're actually to do that later. So you can do that at home with us. So that's where you give yourself a task. In this situation, I've got 200 push-ups is my goal. That's my task and I'm going to time myself to see how quick I can do it. OK. That's just one example. You can kind of get creative on how-- what type of exercises that you do. If your goal is to do-- All right, I'm going to do 30 of those, and then 30 of those, and then 30 of those, and see how long that takes you, that could also be a task domain.

OK. And the last thing we're going to talk about is called the Tabata. And once again we're going to do a half Tabata today. A Tabata is 20 seconds of movement-- as many reps as you can in that 20 seconds followed by 10 seconds of rest. OK. Basically an interval. In case we get your heart rate up, get your heart rate down. 20 seconds of maximum amount of work that you can do followed by 10 seconds of rest. OK. In a real Tabata is eight minutes long. We're going to four minutes today OK. I'm sorry four minutes long and that is eight rounds total.

OK. So those are just a few different types of exercises you can get. You want to combine one of these with-- these are just five exercises that we give you. You can pick from a lot of different ones that are out there. But we're going to do some of this right now, and then we'll get going. OK. Great workout. Hope you're ready to workout. Tired of us talking at you. So if you have any questions at home about-- before we get started just go ahead and type in your chat box, and hopefully we'll be able to answer them while we're working on it.

JESSICA WHITT: And we're going to be doing some modifications of all the exercises that we went over with you so make sure that you're kind of paying attention to all of us. And like Matt was saying we really encourage you to do this with us so you get an idea of how it feels by the end of this workout. It seems like a short period of time, but we all are like sitting back here sweating, like oh my gosh, we have to do this workout. So it'll be fun.

MATT ATWELL: Regardless of what fitness level you're at, you're going to get a good workout with this. So the first one we're going to do is we're going to start with the Tabata. All right. We're going to do a half Tabata. so we're going to do four rounds total. Yes. So we're going to do four rounds. What we're going to do is we're going to do work for 20 seconds then rest for 10. And we're going to do that for a total of four times. All right. So it will be two minutes long. All right.

So I encourage you to pick one of these-- squats, push-ups, ab rows, burpees, whatever that

you want to do. And let's get going. OK. I drew the short end of the stick so I get to do burpees. OK. And mountain climbers for Matt.

JESSICA WHITT: Ab rows.

BRENDA Squats.

CLEAVER:

MATT ATWELL: Squats for Brenda. All right. So go ahead and pick one that you want to do, and we'll be going here in just a few seconds.

JESSICA WHITT: Yep. And I have a clock-- I have a timer back here and you're going to hear it go beep, and that's going to tell you when to start and stop.

MATT ATWELL: One thing to think about is when you're doing this work out at home if you want to score yourself on a Tabata, generally your score is your worst amount of repetitions that you did in that 20 seconds. So you want to maintain your output level. Right. So if you had 20 repetitions your first one, and then your third you're down to like three, you'll score probably a three. So you want to try to maintain a good level output through the whole Tabata.

JESSICA WHITT: All right. Harmony, pump it up. Are we ready for this? OK. In four, three, two, one.

MATT ATWELL: That's 20 seconds. I got nine. Matt?

MATT SHAW: I lost count.

MATT ATWELL: Yeah?

BRENDA I didn't count.

CLEAVER:

MATT ATWELL: You didn't count? Oh. Make sure you're counting. Make sure you're counting. Here we go.

There's two down.

JESSICA WHITT: 18.

BRENDA 11.

CLEAVER:

MATT SHAW: 39.

MATT ATWELL: 8. That's a quick 10 second by the way. Here we go.

BRENDA Getting sweaty.

CLEAVER:

MATT ATWELL: Yeah. All right. That's three.

JESSICA WHITT: There we go.

MATT ATWELL: One more.

MATT SHAW: One more.

MATT ATWELL: Got to maintain your output. Two, one, go.

JESSICA WHITT: Get it Brenda.

Grab some water if you need to.

MATT ATWELL: Shall we do it again?

JESSICA WHITT: Yep. OK. So the one we've all been waiting for. We are going to do 200 push-ups as a group. OK. So this is what Matt was talking about, task domain. We're going to do 200 push-ups. We don't know how long it's going to take us.

MATT ATWELL: We could be here a while.

JESSICA WHITT: We could be here for a while, but again, we encourage you to do it with us.

BRENDA [INAUDIBLE].

CLEAVER:

MATT ATWELL: Yeah.

BRENDA Could you give me a mat?

CLEAVER:

MATT ATWELL: Sure. And if you're at home and you want to do this probably don't pick 200 push-ups. Pick something that you feel comfortable with, 30, 40 whatever that is.

JESSICA WHITT: OK. Ready everyone? Yeah. Let's go.

MATT ATWELL: If you do sets of 10 just holler at me. I'll go write them on the board.

MATT SHAW: 10.

MATT ATWELL: 10 for me. 20?

BRENDA 10.

CLEAVER:

JESSICA WHITT: 10 for me.

MATT ATWELL: 30? 40?

JESSICA WHITT: Yep.

BRENDA 10.

CLEAVER:

MATT ATWELL: 50, 60 70.

JESSICA WHITT: 10.

MATT SHAW: 80.

MATT ATWELL: So it's a good opportunity to try the different push-ups out. So right now I'm kind of struggling some. I'm going to modify.

BRENDA 10.

CLEAVER:

MATT ATWELL: There's 90.

JESSICA WHITT: Whew. 10.

MATT ATWELL: 120. We're getting there.

JESSICA WHITT: Muscle fatigued.

MATT ATWELL: Almost there. Modify as needed. Get some water. 130? 140?

JESSICA WHITT: 10.

MATT ATWELL: 150. Brenda, how are you doing?

BRENDA 10.

CLEAVER:

MATT ATWELL: Good. We've got 40 to go. If you're still doing good, try a different type of push-up. We went through the regular push-up, the modified push-up with the knees on the ground and a hand release. OK. So if you are doing OK with the push-ups, try the hand release. Here we go.

MATT SHAW: 10 for me.

MATT ATWELL: How you doing Brenda? Come on. Here we go. Here we go.

MATT SHAW: That's a yes.

MATT ATWELL: That's it. Is that it? I think that's 200. I don't know-- it looks like it took us about two minutes to do that. OK. So that's task domain. Yeah. And if you're at home-- if you did 30 push-ups make sure you're recording how long it took you to do that. All right. Last one we're going to do, time domain. OK. So this one-- we know that we're going to be done in a certain amount of time. This one is going to take us two minutes.

OK. So what we're going to do here-- we're going to do all of these for two minutes. We're going to five at a time though. So I'm going to five squats, five push-ups, five abdominal rows, five burpees, and five mountain climbers. OK. Yeah. We had a question at home. Let's hear it.

ALEX MURPHY: How many times a week would you do something like this for it to be effective?

JESSICA WHITT: Good question. You can use these-- I think honestly you can do them every day. This isn't something where you're putting stress on your body, but it's not like you're lifting a ton of really, really heavy weight. This is all good functional movement. So really taking into consideration your core, you can probably do it every day depending on what you create for your workout.

MATT ATWELL: Once again just really listen to your body. If you-- the next day you're hurting, and you're really sore, give yourself an off day. The next day, you're feeling pretty good, if you feel like you can

to do it again, go ahead do it. Now, there's no reason why we can't do this stuff everyday.

JESSICA WHITT: But also with that in mind, if you do 200 push-ups like we just did today, I wouldn't do 200 push-ups every day in one week. Vary it. Right?

MATT ATWELL: One of the best things for effective exercises is to change how you do things, find new exercises, find new sports to play, find new activities to do. It always kind of-- don't get into a rut and obviously pick something different to do everyday. And go for walks, go for hikes, things like that, and really change up how you are getting your heart rate up everyday.

JESSICA WHITT: Yep. Muscles are smart. They'll acclimate to what you're doing really easily and then they won't change.

MATT ATWELL: Absolutely. Ready for our last one? Guys, we've got two minutes left. You're ready at home?

JESSICA WHITT: This is going to be good.

MATT ATWELL: We're going to five each. Pick how ever many you want to do. OK?

JESSICA WHITT: Ready--

MATT SHAW: Let's get a clocking going.

JESSICA WHITT: --and go.

MATT ATWELL: So if you finished the whole thing, and you are still going, go back to squats. Half-way. Goodness gracious. But we don't have a mic at home. How are we doing guys?

[GROUP CHEERING]

Looking good. Forgot where I was. 10 seconds.

[INTERPOSING VOICES]

--Here we go. Keep going.

BRENDA Time.

CLEAVER:

MATT SHAW: Good job, everyone.

MATT ATWELL: Nice job.

JESSICA WHITT: High five. High five. Don't leave me hanging. Oh.

MATT ATWELL: Good. So that was two minutes of work and I'm sweating pretty hard. Yeah.

JESSICA WHITT: That was great stuff.

MATT ATWELL: So regardless of what fitness level you are at, change how you do it, change your time, change your exercise. And the best thing you can do for yourself is just go hard, add intensity to it. This is just a fitness check off the box thing that's one thing, but once you get comfortable with these you can add intensity that's when you are going to see results.

JESSICA WHITT: Thank you very much for watching.

MATT ATWELL: Yeah.

JESSICA WHITT: Don't forget to log your minutes. Pac 12 fitness challenge on the University Recreation website. And check in with Wellbeing Online because Brenda and Ramon are going to have workouts for you for the rest-- for the upcoming weeks. Thanks for watching everyone. See ya. Go Cougs.

MATT ATWELL: See you later. Go Cougs.