

Play and staying active is one of the best ways to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome activity packet to help you stay moving.

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - www.kcplayequity.org/covid19/
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - **Free subscription; scan URL code to access**



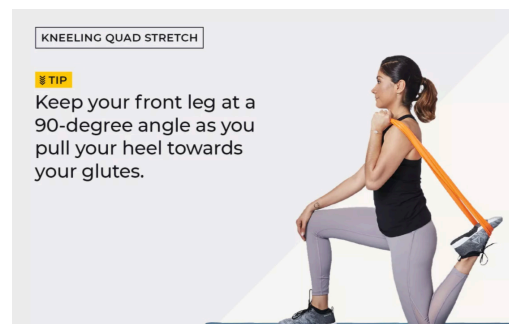
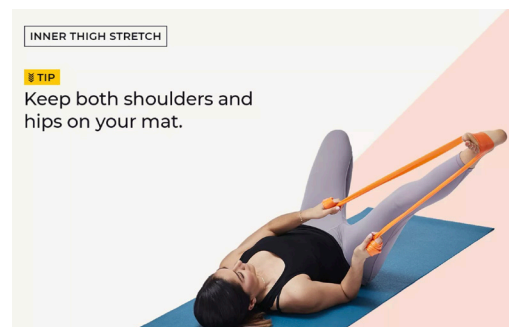
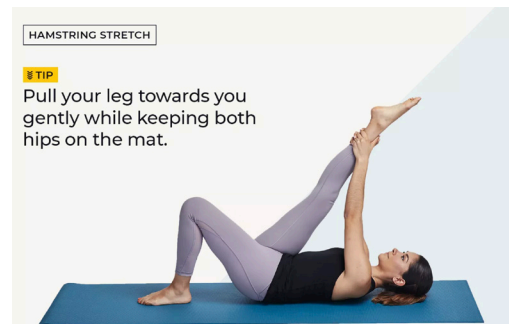
RESISTANCE BAND

1. SPICE UP YOUR STRETCHING!

<https://www.verywellfit.com/total-body-stretch-with-resistance-bands-1231152>

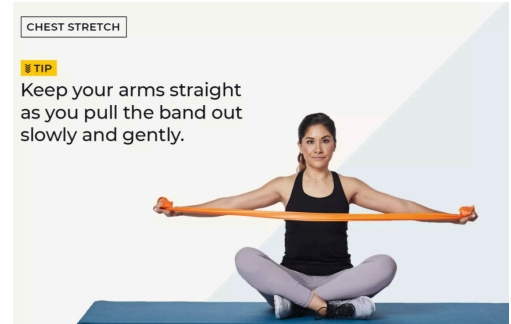
Take your normal stretching routine to the next level by adding a resistance band! Do these stretches before and after workouts to improve flexibility. It's also a great way to relax! Hold each stretch for 15-30 seconds and continue to breath. Repeat as many times as needed.

- **Hamstring:** On your back, use the resistance band to gently pull your leg closer to your chest. Repeat with other leg.
- **Hip and inner thigh:** On your back, use the band to gently lower your leg out to the side towards the floor to stretch your inner thigh. Then, gently swing your leg up and across your body to stretch the hip and glute. Repeat with other leg.
- **Quadricep:** Start in a lunge and wrap the resistance band around the foot that is behind you. Keeping your trunk facing forward, gently pull the foot towards the glutes. Repeat with other leg.



see back...

- **Chest:** While seated, hold the resistance band with your hands a few inches apart. Gently pull your hands out away from each other. You may need to adjust the distance between your hands to change the tension.



2. SPEEDY CIRCUIT!

<https://theactivefamily.org/how-to-use-resistance-bands/>
 Improve your strength by adding a resistance band to your workout! Try out these moves or make them into a circuit! Start by warming up (try the stretches above!), then do 10 repetitions of each exercise and see how many times you can get through all the exercises in 5 minutes! Ready. Set. Go! **PRO TIP: Keep your stomach and abs engaged while you do each movement. This will help you strengthen your core at the same time!*

- **Growing Flower Squat:** stand on the middle of the resistance band, feet shoulder-width apart. Hold one end of the band in each hand. Start in a squat position with knees bent and back straight, then GROW! Stand up while holding the band ends at your shoulders, then squat back down.

Repeat 10 times.

**POWER MOVE:* stretch your hands and the band above your head!

<https://www.youtube.com/watch?v=2Gk8RYZBmo0>

- **Boat Rows:** sit with your legs straight out in front of you. Hold the ends of the band in your hands and wrap the center of the band around your feet. Sitting up straight, pull back until your hands are at your sides and your elbows are behind you. Repeat 10 times.

<https://www.youtube.com/watch?v=TBnt2DBvkl4>



- **Donkey Kicks:** On your hands and knees, hold the ends of the band in your hands and wrap the center of the band around one of your feet. Lift the knee off the ground, push your heel back behind you until your leg is extended and engage your glute. Gently bring your knee back to rest besides your other knee. Repeat 10 times on each leg.

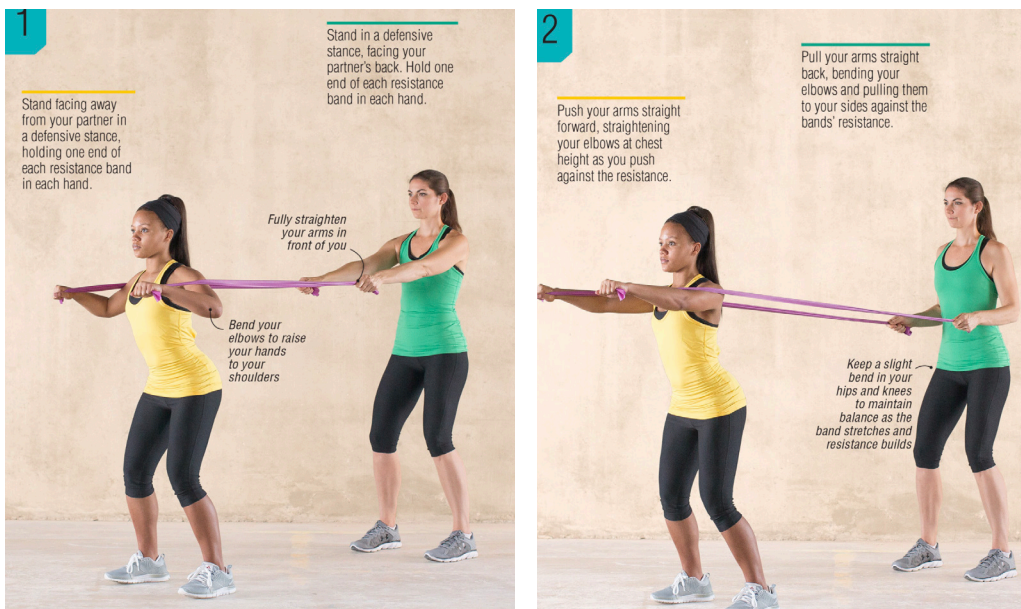
<https://www.youtube.com/watch?v=vKV2aueKBDA>

3. PARTNER EXERCISES!

<https://www.youtube.com/watch?v=d46Rso-AkbE>

Make workouts more fun by doing them with a friend or family member! Each partner does 10 repetitions of each exercise. Add them to the Speedy Circuit for a Super Workout! See how many times you can get through all the exercises in 5 minutes! Ready. Set. Go! Check out the link for more exercises!

- **Tug of War:** Start with both partners in a plank, squat or lunge facing each other. Each partner holds one end of the resistance band in their right hand. At the same time, both partners pull the band back until the band is tight. The goal is not to overpower your partner, but to work together to pull smoothly at the same time. Do 10 repetitions on each arm.
- **Partner Press:** Partner 1 stands with their legs wide and knees bent, holding the ends of the resistance band. Partner 2 stands with their back to Partner 1 and holds onto the ends or the middle of the resistance band. Partner 2 pushes their arms out straight in front at shoulder level while Partner 1 resists the pull of the band and stands firm. Repeat 10 times then switch roles.



In consideration for receiving the equipment, I release from liability and waive my right to sue Upower, its officers, volunteers, employees and agents (collectively, "Upower") from any and all claims arising from my acceptance or use of the equipment or the acceptance or use of the equipment by my minor children. On behalf of myself and my minor children, I release Upower from all liability, waive my right to sue Upower and assume all risk of accepting or using the equipment.

Stay safe and have fun!

brought to you by your friends at Upower