Upcoming Club Sports Games:

- **October 17th**: Women's Rugby vs. CU-Boulder
- **October 24th**: Men's Rugby at Colorado College

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Programs at the Fitness Center

The Fitness Center has a lot of free programs for students, faculty/staff and the community. One of our programs is group fitness classes offered throughout the day, Monday-Friday. We also have personal trainers who can tailor a workout to meet your fitness needs. You can meet with a trainer one-three times a week. Our trainers can also provide a onetime appointment to do an equipment orientation or a fitness assessment.

There are also men’s and women’s club sports in season right now. See above for the games happening this month!
**Killer Ab and Leg Circuit**

**Directions:**
- Ten minute Warm up
- Perform each exercise for 1 minute
- After each circuit take 3 minute break
- Complete circuits 3 times

**Equipment**
- Mat
- Dumbbells
- Black box
- Optional: kettlebell

**Circuit Exercises:**
- Round the world lunges
- Bicycles
- Step up, Step down lunge
- Leg Lifts
- Squats with military press
- Kettlebell side crunch
- Single leg Deadlift

**Correct Form:**

- **Round the world lunges:**
  - Hold one leg in a lunge position, as close to 90 degrees as possible
  - Keeping the other leg straight tap toe directly in front, at a 45 degree angle in front, directly to the side, 45 degree angle to the back, straight back, and 45 degrees to the opposite side.
  - Switch at 30 seconds
  - With or without weights

- **Bicycles**
  - Start in a crunch position, laying on back, knee’s bent, arms crossed at chest or behind head
  - Crunch, moving opposite elbow to opposite knee
  - Keep your shoulder blades off the ground and pull bellybutton to spine

- **Step up, Step down lunge**
  - Pick a black box that is at a comfortable height to step up on (usually this height is at about mid-shin)
  - Step up with right leg, and pull left knee to chest
  - Step down landing on the left leg, stepping the right leg back into a lung
  - With or without weights

- **Leg Lifts**
  - Lay on back with hips and knees bent at a 90 degree angle
  - Press lower back to the floor
  - While keeping your lower back on the floor slowly lower legs down, keeping legs bent
    - **Helpful Hint:** Place a towel under your lower back
    - Intermediate: lower one straight leg at a time
    - Advanced: keeping both legs straight, lower at same down
Continuation of Form

- Squats with military press
  - Start with feet hip with apart, dumbbells held a shoulder height with arms bent
  - As you squat down keep your knees behind your toes and your shoulders behind you knees
    - Helpful hint: place a chair or bench behind you to “sit” down on
  - At the top of the squat perform a military press, keeping your shoulders blades pinches together, and raising the dumbbells over your head, arms straight
  - With dumb
- Kettlebell side crunch
  - Start standing strait with a kettle bell or dumbbell in one hand. Dip to one side letting the weight slide down your leg to your knee, then re straiten your torso
- Single Leg Dead lift
  - Start balancing on one leg slightly bent. Keeping that leg straight, slowly lower the weight down the floor
  - As you start to stand up squeeze your glutes
- Remember stretch afterwards 😊

Stretch of the month- Cross over stretch

*Stretches the hamstrings (back of leg) and IT band (outside of upper thigh)*

Start in a standing position, then:

- Cross your right leg over your left, with your feet close together.
- Slowly roll your upper body down toward the floor until you feel a gentle stretch (not pain!) along the back of left leg.
- Hold for 30 seconds
- Switch legs, repeating twice on each side

Healthy Halloween Treat! Apple Teeth

- Cut green apples into small slices
- Spread peanut butter on the edge of two apple slices.
- On top of one slice, line up miniature marshmallows.
- Top it off with the other slice. The peanut butter will help the marshmallows stick and also look like gums.
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