

Daily Workout

CHEST & TRICEPS

Discover. Connect. Belong.

Step 1: One set of 20 **mountain climbers** without a twist - Assume a plank position. In one movement, hop one foot forward and keep the other leg back. Then, alternate legs forward and back moving them simultaneously. Mountain climbers can be done with a twist for additional core work, and that will be included in another workout.



Mountain Climbers

Step 2: Two sets of 10 **dumbbell bench press** - Lie face up on a flat bench with your feet planted flat on the floor, holding an appropriate weight in each hand just outside your shoulders. You may lie on the floor if you do not have a bench. Extend your arms above your body with your palms facing forward (toward your lower body). Slowly lower the weights beside your chest, and then press the weights back up, keeping them above your chest. Inhale as you lower the weights: exhale as you push up. Do not allow the weights to smack together at the top.



Dumbbell Bench Press



Step 3: Two sets of 10 **burpees with an added push-up** after you extend your legs - Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air. Do one push-up. Bring your legs back in so that your feet land just outside of your hands. Explosively jump into the air reaching your arms overhead. Land and immediately lower back into a squat for your next rep.



Burpee

Step 4: Three sets of **tricep kickbacks** - Place one hand on a bench or chair. Keep your back flat and parallel to the floor while keeping your head, neck, and spine in a line. Bend your elbow into a 90 degree angle with the back of your arm also parallel to the floor. Like a hinge at the elbow, "kick" the back of your hand to the ceiling as you extend your arm. Do not swing your arm, and keep the upper arm close to your body. Return to the starting position. Repeat with your other arm.

Tricep Kickback



Step 5: Stretch

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