

Daily Workout

BACK & CORE

Step 1: Warm up and get your heart rate up with two brisk laps around the house, or walk or jog approx. ¼ mile.

Step 2: Two sets of 10 **dumbbell pullovers** - While you also get some work for the chest from this exercise, it does work your lats, intercostals, and other back muscles. Lie perpendicular on a bench or solid raised surface with just your shoulders and upper back on the bench pad. Hold a dumbbell or other weighted object above your chest. Let your hands and the weight move backward as you feel a stretch in the back and shoulders. Reach back as far as you comfortably can, then squeeze your chest and back to return the weight to the starting position. Keep your abs tight, and do not allow your hips to drop. If you do not feel comfortable lying perpendicular on the bench, you may lie flat on the bench with your head in line with the end of the bench.



Dumbbell Pullover

Step 3: Two sets of 10 **seated rows** - Sit on the floor or bench with your legs extended in front of you. Hold dumbbells or other weights in each hand, and extend the arms in front. With the palms down, pull the elbows back and squeeze your back muscles as you bring the weights beside your chest. Push the weights back to the starting position. If you have a resistance band or tube, place it around your feet to perform this exercise.



Seated Row

Step 4: Three sets of **bridges** - Lying down, bend your knees, and place your feet flat on the floor. Lift your hips as high as you can, lifting your entire back up off ground. Think of extending knees forward toward the wall in front of you and pulling your belly button to the ceiling. Hold this position for 30–60 seconds.



Bridge

Step 5: Two sets of 20 **oblique crunches** to each side - Lie on your back with your right ankle on your left knee. Open your right knee to the side. With your left hand behind your head, lift your left shoulder toward your right knee, squeezing your obliques. Return to the starting position without releasing the tension in your abs. Do 20 reps, then repeat to the other side.



Oblique Crunch

Step 6: Light stretching.