

Discover. Connect. Belong.

**Step 1:** Two sets of 10 **wood chops** - Stand with your feet shoulder-width apart and turned out slightly. Squat down keeping your back straight and abs tight. Hold your weighted item with both hands next to the outside of your thigh. Twist your torso to the side, and lift the weight up and across your body with straight arms. As you lift, stand up and turn your torso so you end up facing the weight above the opposite shoulder. You should be using your core muscles to control the movement. Return to the starting position, reversing the twist and bringing the weight down as if chopping wood. Don't rush; it's all about control. Repeat on the opposite side.



**Wood Chop**

**Step 2:** Two sets of 10 **push-ups or modified push-ups** - The correct setup for a standard push-up is to position your hands shoulder-width apart, or a little bit wider. Legs are extended, and your feet should be set up in a way that allows you to feel balanced. For some, that might be shoulder-width apart; for others, it might be with your feet touching. Generally speaking, the wider apart your feet, the more stable you'll be for your push-ups. As you bend your elbows and lower toward the ground, your elbows should be at about a 45-degree angle to your body. After you lower, push back up to straight arms and body in a plank position. To modify, drop your knees to the mat.



**Push-Up**

**Step 3:** Two sets of 10 **flat flyes** - Lie flat on your back on a bench or floor, and position your feet flat on the floor. With a dumbbell or equal weight in each hand, extend your arms over head until fully extended. There should be a slight bend in the elbows, and your palms and weights should face each other. Inhale and slowly lower the weights in an arc motion until they are in line with the chest. Exhale and press the weights up in the same arc motion.



**Flat Flyes**

**Step 4:** Two sets of 10 **close grip press** - This exercise does work the inner chest, and it also hits the triceps. Lie flat on your back on a bench or floor, and position your feet flat on the floor. With a dumbbell or equal weight in each hand, extend your arms over head until fully extended. Your palms should face each other, and your hands should be close together. Bend the elbows, and lower the weights to the middle of your chest, keeping the weights together. Extend your arms to return to the starting position.



**Close Grip Press**

**Step 5:** Light stretching.

This resource and more can be found on our website - [hempfieldrec.com/fitness-wellness/daily-fitness-workouts/](http://hempfieldrec.com/fitness-wellness/daily-fitness-workouts/)

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