

Daily Workout

OVERALL STRENGTH

Discover. Connect. Belong.

Step 1: Walk or jog one or two miles depending on your fitness level.

Step 2: Two sets of **straight leg deadlifts**, 10 reps each. Stand with your feet shoulder-width apart holding a barbell or two equal weight objects in an overhand grip (palms facing you). Your knees should be slightly bent and the aim is to maintain this slight degree of flex throughout the movement. Bend at your hips and lower the weight, keeping your back straight. Lower until you feel the stretch in your hamstrings and glutes, and then **slowly** straighten back up. Keep the weight close to your body throughout and avoid jerky movements.

Step 3: Two sets of **overhead bench press**, 10 reps each with dumbbells or other equal in weight objects. Lie on a bench or a raised surface holding a dumbbell or weighted object in each hand just to the sides of your shoulders. Your palms should be facing towards your feet in the starting position, although if you have shoulder issues then switch to a neutral grip where the palms face each other. Press the weight above your chest by extending your elbows until your arms are straight, then bring the weights back down **slowly**.

Step 4: Ten **burpees** Stand with your feet shoulder-width apart, weight in your heels. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor in front of, just inside your feet. Shift your weight onto your hands. Jump your feet back to land on the balls of your feet in a plank position. Your body should form a straight line. **Do not to let your back sag or your butt stick up**, as both will keep you from working your core. Bring your legs back in and **explosively** jump into the air reaching your arms overhead. Lower back into a squat for your next rep.

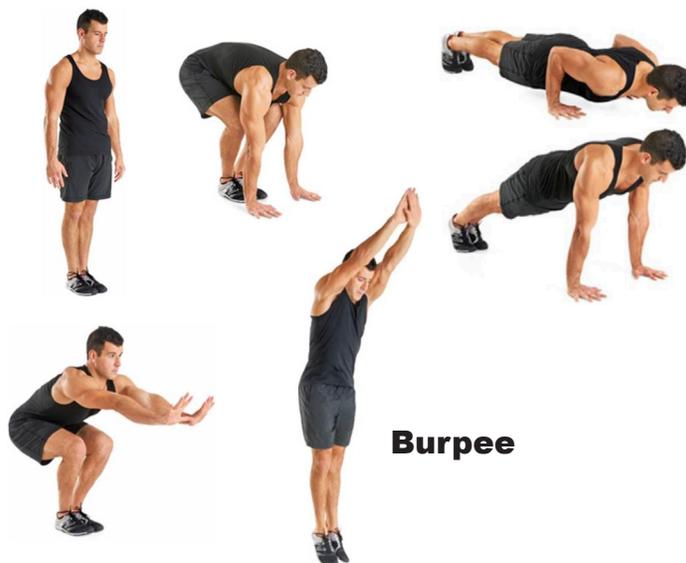
Repeat steps 2–4, and finish with a light stretch.



Straight Leg Deadlift



Overhead Bench Press



Burpee