

Daily Workout

BACK

Discover. Connect. Belong.

Step 1: Warm up and get your heart going with a brisk ten-minute **walk or jog**.

Step 2: Two sets of eight **deadlifts** - Load a bar with weight or have a heavy object and roll it against your shins. Bend at your hips and knees and grab the bar or object with an overhand grip, your hands just beyond shoulder width apart. Keeping your lower back naturally arched, pull your torso up and thrust your hips forward as you stand up with the weight. Slowly lower the bar or object to the floor and repeat.



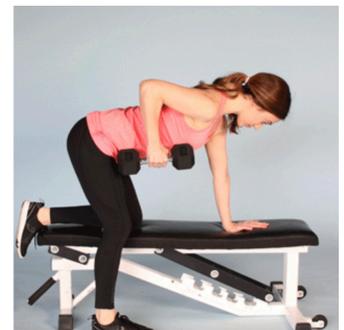
Deadlift

Step 3: Two sets of **loaded carry** - Grab a challenging weighted object by deadlifting the weight up with a flat back and tight core. While standing upright, keep the shoulders down and retracted. When ready, walk around with your chest up and core tight, keeping the load distributed in the upper and middle back. When you feel fatigued, slowly lower the weight.



Loaded Carry

Step 4: Three sets of 10 **one-arm rows** - If you have a bench, put one leg and one hand on the bench (sofa edge or coffee table). If using a chair, place only one hand on the chair. Keeping your legs back, bend over so your upper body is parallel with the ground, back flat. Reach down and pick up the weight in your free hand with a neutral grip (palm facing you), then hold it with your arm extended, keeping your back straight. Bring the weight up to your chest, concentrating on lifting it with your back and shoulder muscles rather than your arms. Keep your chest still as you lift. At the top of the movement, squeeze your shoulder and back muscles. Lower the dumbbell slowly until your arm is fully extended again. Do all your reps with one arm before switching to the other side.



One-Arm Row

Step 5: cat stretch - On your hands and knees, place your arms directly under your shoulders and your knees under your hips. Exhale and gently pull your chin toward your chest while drawing your navel toward your spine as you round your back toward the ceiling. Hold the pose for a few breaths before you lower your back to the starting position. Repeat three times. **End your workout with some additional stretching.**



Cat Stretch

This resource and more can be found on our website - hempfieldrec.com/fitness-wellness/daily-fitness-workouts/

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