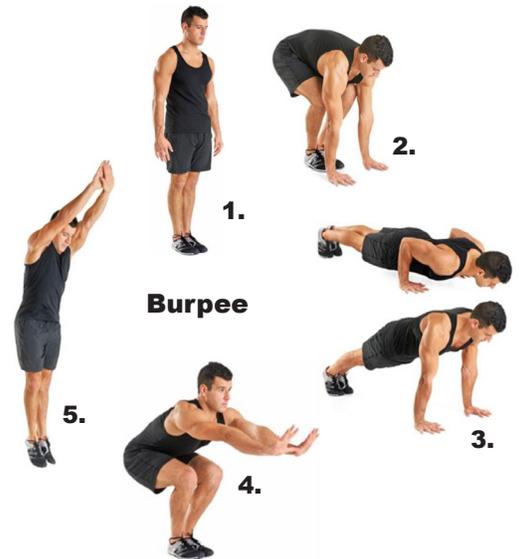


Daily Workout

CHEST & TRICEPS

Discover. Connect. Belong.

Step 1: 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 2: Two sets of 10 **bench press** - Lie flat on the bench under the rack that holds the bar. If you do not have a bench, lie on the floor and have someone hand you the bar. A digging bar or other weighted straight object can be used. Feet should be flat on the floor and relatively wide apart. Grasp the bar with your palms facing forward and your arms slightly wider than shoulder-width apart. Start with the bar directly above your chest, then inhale and lower the bar until it comes right across your chest. Exhale, and push the bar back up. To finish, replace the bar on the rack from the locked out position. Move the bar backward gradually until you feel the rack uprights, then lower the bar to the rack rest. If you are using a spotter without a bench with uprights, have him or her take the bar from the extended arm position.



Bench Press

Step 3: Two sets of 10 **incline flyes** - If you do not have a bench that inclines, place a padded chair against a wall, or your bed might work for this as well. Holding a dumbbell or equal weight object in each hand, sit on the bench, or on the floor and lean back against the chair or bed, so that your upper body is in a 45 degree angle. Push the weights up above your chest until your arms are straight. Open the arms to the sides, bending the elbows. Pretend like you are drawing a half circle with the weight. When the elbows are bent, push the weights back to the starting position.



Incline Flyes

Step 4: Two sets of 10 **overhead tricep extensions** - Standing or sitting, hold a weight in both hands with your palms facing the ceiling. Extend your arms straight up over your head. Bending at the elbows, lower the weight behind your head. Push the weight back to the starting position.

Overhead Tricep Ext.



Step 5: 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 6: Stretch

This resource and more can be found on our website hempfieldrec.com

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