

Discover. Connect. Belong.

Daily Workout

SHOULDERS & TRICEPS

Step 1: Jump rope for two minutes or lightly hop/jog in place.

Step 2: Two sets of 10 **wood chops** to each side – Stand with your feet shoulder-width apart and turned out slightly. Crouch until your thighs are parallel to the floor, keeping your back straight. 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. Rise onto your toes as you twist and lift. 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.

Step 3: Two sets of 10 **shoulder presses** – Select reasonable weight dumbbells or equally weighted objects. Sitting down, hold the weights by your shoulders with your palms facing forwards and your elbows out to the sides and bent at a 90° angle. Keeping your abs tight throughout the exercise without arching your back, extend through your elbows to press the weights above your head. **Slowly return to the starting position.**

Step 4: Three sets of 10 **tricep dips** - Grip the front edges of a chair (one that will not tip) or sturdy box, with your hands down as if you are ready to sit. Hover your butt just off and in front of the seat, feet flat, and legs fairly straight. Straighten your arms. Lower your body toward the floor **until your arms form 90-degree angles.** Press back to your starting position. If you need to make this exercise more challenging, put your feet on a chair or other raised object.

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



Wood Chop



Shoulder Press



Tricep Dips