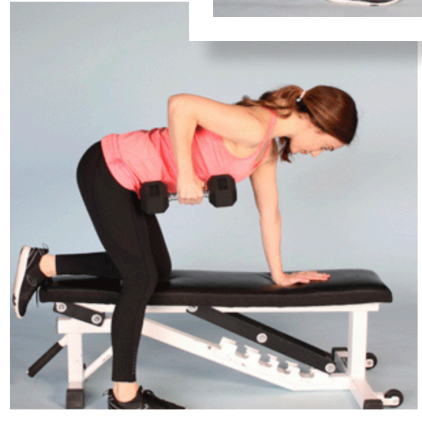


Daily Workout

BACK & BICEPS

Step 1: 20 **side steps** right, 20 **side steps** left – Repeat two times.

Step 2: Three sets of **one-arm rows** - If you have a bench, put one leg and one hand on the bench (sofa edge or coffee table). Bend over so your upper body is parallel with the ground. 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 3: Three sets of **alternate bicep curls** - Standing or seated. Start by holding an equal weight in each hand, arms extended, palms up. Lift one weight keeping your palm up and elbow in at your side. **Bring it up as high as you can without lifting the elbow. Resist as you slowly lower the weight.**



Alternate Bicep Curls

Repeat steps 2–3, and finish with a light stretch.