

# Daily Workout

## CHEST & TRICEPS

**Step 1:** Brisk 20 min. walk

**Step 2:** Two sets of 10 **push-ups** or **modified push-ups**

- The correct setup for a standard push-up is to position your hands shoulder-width apart, or a little bit wider. Legs are extended, and your feet should be set up in a way that allows you to feel balanced. For some, that might be shoulder-width apart; for others, it might be with your feet touching. Generally speaking, the wider apart your feet, the more stable you'll be for your push-ups. As you bend your elbows and lower toward the ground, ***your elbows should be at about a 45-degree angle to your body***. After you lower, push back up to straight arms and body in a plank position. To modify, drop your knees to the mat.



**Push-Up**

**Step 3:** Two sets of **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 floor and lean back against the chair, bench 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 Fly**

**Step 4:** Three sets of **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 Extension**

**Step 5:** 25 **jumping jacks**, followed by a light stretch.