Daily Workout
SHOULDERS & LEGS

hempfield recCenter

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Step 1: Walk one min; Jog two min for 15-20 min. total.

Step 2: Two sets of 10 **squats** - Stand with your legs shoulder width or a little farther apart. With or without holding weights, sit back as if you are going to sit on a seat, until your thighs are approx. parallel to the ground. Push back up to the starting position.

Squats

Step 3: Two sets of 10 **lunges w/ elevated leg** (also known as a Bulgarian Split Squat) - Stand roughly 2-3 feet in front of a sturdy bench or chair. Pick up one foot,and place it on the bench behind you. Check to make sure your feet are shoulder-width apart, if not slightly wider. The majority of your weight should be on the front leg. Keeping your abs tight, or if you feel you do not have complete balance, hold on to something stable with one hand, and slowly bend your front knee, allowing your back ankle and knee to bend throughout the downward phase of the movement. Lower until your front thigh is *parallel to the ground*. Press back to standing by pushing through the front foot, allowing your front quad and glute to power you up. Repeat to the other side. To increase the intensity, add weight to each hand.

Lunge with elevated leg

Step 4: Two sets of 10 **front raises** - Standing or seated, hold a dumbbell or weighted object in each hand, and place your arms at your sides, palms down. With a slight bend in the elbow, lift one arm forward until the arm is parallel to the ground. *Resist as you lower, and make sure your upper body stays still (no rocking).* Repeat with the other arm, and alternate until you do 10 reps with each arm.

Front Raises

Step 5: Two sets of 10 **upright rows** - Standing with your feet should width apart, hold a dumbbell or weighted object with each hand. Place the weights in front of you with your palms facing your thighs. Lift the elbows up to your sides, pulling the weight up to the front of your chest. Keep your elbows higher than your hands. *Resist as you lower the weight.* Finish with a stretch.

Upright Row