

Discover. Connect. Belong.

Step 1: Warm up and get your heart going with a brisk ten-minute walk or jog.

Step 2: Three sets of 10 **bent-over rows** - With your feet shoulder width apart, bend forward keeping your back parallel to the floor or slightly angled up. Holding a bar or weighted object in each hand, allow the arms to hang down in front of your legs. Pull your elbows up bringing the weight/object to the upper part of your abdomen. **Slowly lower.**



Bent-Over Row

Step 3: Two sets of **loaded carry** - Loaded carries increase back strength, postural control, core stability, and grip strength. Grab a challenging weighted object by deadlifting the weight up with a flat back and tight core. While standing upright, keep the shoulders down and retracted. When ready, **walk around with your chest up and core tight, keeping the load distributed in the upper and middle back.** When you feel fatigued, slowly lower the weight.

Loaded Carry



Step 4: Three sets of **gym bag bicep curls** - Fill your bag with 5-20 lbs of weight depending on your fitness level. Bags of rice, bags of potatoes, or canned goods can be used. Standing, hold the bag by its handles with both hands. Extend the arms to let the bag rest against your legs. **Lift your hands with your palms up, keeping your elbows in at your sides.** Curl the bag up as far as you can, then **slowly lower.**

Finish with a light stretch.

This resource and more can be found on our website - hempfieldrec.com/fitness-wellness/daily-fitness-workouts/



Gym Bag Bicep Curls