Workout - Exercise all major muscle groups at least twice weekly

Warm up and Balance Exercises
Walk in place for 1-2 minutes, try to balance on each foot

Biceps
20 Bicep Curls, 10 halfway curls, 10 other halfway curls, 10 complete curls
Total of 50 curls

Shoulders
20 Overhead shoulder presses
20 Pecks

20 Hammer Curls

20 One arm dumbbell row “Lawnmower” style (double weights)

Triceps
20 kickbacks, from waist to back
20 one arm overhead each side

Triple 20 reps
Weight in each hand-
Front Lateral raises (left arm, then right arm), Upward rows, side lateral raises

Dead Lifts- weight in each hand, bend forward at waist to knees, 20 reps
Cross overs- weight in one hand, start at shoulder, cross over body to knee, 20 reps each side

Floor Exercises and Abdominals
Lie on back
20 Presses straight up
20 Flys
20 triceps each arm

Sit up routine (total of 80)

Push ups (30)

Planks-1.5 minute full plank
Side planks-each side 1 minute

McKenzie Back exercise-Lie on stomach and push up, keeping stomach on floor