

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