



# WORKOUT OF THE DAY



## Upper Body Training

**What You'll Need:** Dumbbells, kettlebell, resistance bands and a floor mat

**Recommendations:** Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

**Warm Up (2X):** Jumping Jacks for 30 seconds, walking lunges for 30 seconds, arms expansion and shoulder rotations for 30 seconds, mountain climbers for 45 seconds.

**Strength and resistance training.** Complete two to 3 sets of 8 to 15 reps of each exercise with a 30-second to 90s. Rest in between each set for the full workout. Modify adding or removing repetitions or sets according to your fitness level.

**Exercises:** Complete these exercises with elastic bands or use dumbbells or body weight:

A) Chest. Push-ups: #3 variations (beginners can use the knee variation).

1.Military Push-Up..... 2. Wide Hands Push-Up .....3.Staggered Hands Push-Up

B) Back. #3.

1.DB Man-maker alternating arms row....2.DB Back rows.... 3. Reverse Back Fly

C)Pull overs

D)Back extension Superman

E) Shoulder tap push-ups

F) Back extension Swimmers

A) Plank (one minute)

Abdominals of your choice for 10 minutes

**Cool Down:** take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.