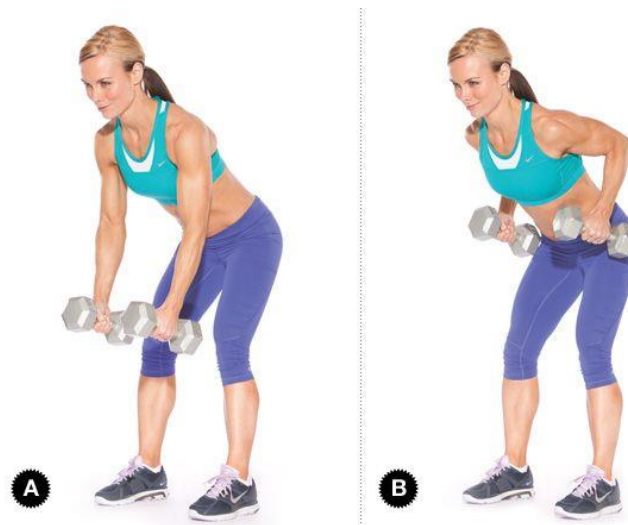


Week 5:

1. Bent Over Row

- a. Stand with your feet shoulder width apart and hands down at your sides.
- b. Bend forward slightly at the hips, keep your back straight and have a slight bend in your knee. Let your arms fall in front of you.
- c. Slowly bend at the elbows and pull your arms back. Imagine you are trying to pinch a piece of paper between your shoulder blades and squeeze them together. Make sure you are keeping your elbows close to your body, you don't want to have them winged out to the side.
- d. Pause for a moment, then return your arms to starting position. That's one rep. Complete a total of 12.

*Increase the intensity by holding something of weight in your hand (i.e. a water bottle, books, soup cans, etc.).



2. Lunge Pulse

- a. Stand up straight with your hands on your hips. With the right foot, take a large step forward. Your front foot should be planted on the ground and the back foot should have a lifted heel. Have a slight bend in each knee.
- b. Slowly bend both knees to lower yourself to the ground. Aim to bend to 90 degrees. If you can't bend to 90 degrees, only go to what is comfortable.
- c. Slowly stand back up to starting position with your feet still spread apart. That is one rep. Complete 10 total on this side, then repeat on the other

*When you bend your legs, try to keep the front knee from going over your toes.



3. Tricep Extensions

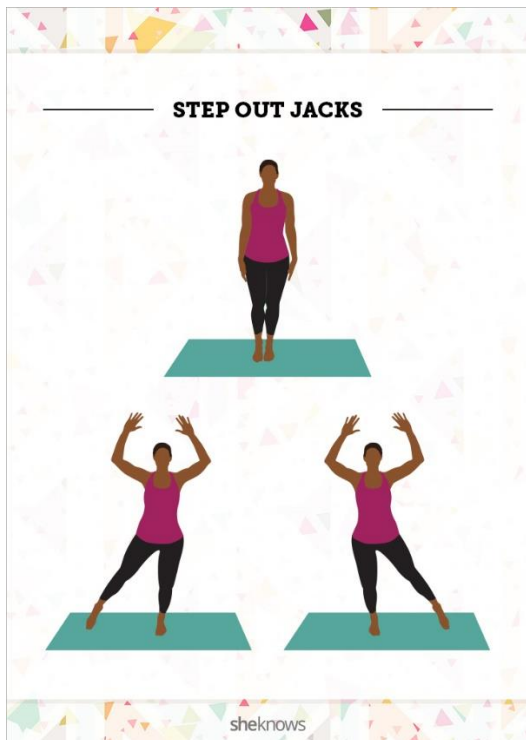
- a. Stand with your feet shoulder width apart and hands down at your sides.
- b. Bend forward slightly at the hips, keep your back straight and have a slight bend in your knee. Bend your elbows backward and have them in line with your torso/just behind. Keep your elbows close to your body
- c. Slowly straighten your arms behind you and pause for a moment.
- d. Return to start position. That's one rep, complete a total of 10.

*Increase the intensity by holding something of weight in your hand (i.e. a water bottle, books, soup cans, etc.).



4. Step Outs

- a. Stand up straight with your feet together and hands down at your sides.
- b. Step out to the side with your right foot, while bringing your hands over head at the same time.
- c. Step back to center with the right foot while bringing your hands down to your sides.
- d. Step out to the side with your left foot, while bringing your hands over your head at the same time.
- e. Step back to center with the left foot while bringing your hands down to your sides. Repeat this alternating motion for 30 seconds.
 - i. * To make this move harder, jump out to the sides with both feet at the same time while you raise your arms (see second picture).



Tip of the Week! Set a movement reminder! As it gets colder and you can't make it outside for a walk, make sure you are still getting up out of your seat. Every time you need to use the bathroom, use the one at the other side of the office. After every phone call or meeting, take a quick stroll around your floor to stretch your legs. Work can get busy and hectic but your health is important, so remember to get up and move around when you can!