W.O.W.

WORKOUT OF THE WEEK → Jan 1-7

Total time: 10 minutes

Equipment needed:

- Resistance band
- Bench or chair

WARM UP

- Lunge with rotation (5 each side)
- Jumping jacks (20)

WORKOUT (repeat 2x)

- Squatted tube walking with tied band (10 each way)
- Kick backs with tied band (10 each leg)
- Body squats (10)
- Single arm bicep curls (10 each arm)
- Pushups (10)
- Triceps dips (10)

EXERCISE TIPS

- **Lunge with rotation**— lunge forward and rotate your torso to each side
- **Squatted tube walking**— tie resistance band and place around ankles; stay in a squatted position as you step sideways to the left, then the right; as you walk sideways, keep your feet straight with your toes facing forward
- **Kick backs**— keep tied resistance band around ankles; hold onto a wall or desk for support as you slowly kick your leg straight back; try not to bend your knees
- **Single arm bicep curls**— untie resistance band and step on one end to perform bicep curls with your thumbs facing up; adjust resistance as needed
- **Pushups**— for a regression, do these on your knees or on an inclined object like a bench or desk
- **Triceps dips**— position yourself on a bench or chair with your arms straight and legs extended out; bend your elbows to lower your body to the floor and back up