

DISTRESS OR DE-STRESS?

WORK IT OUT – FULL BODY WORKOUT #2

There's nothing like the feeling of a good workout. It improves our physical, mental, and emotional health. While it can be hard to get started, stay consistent and accountable to your workouts, before you know it you will have established an organized and effective exercise schedule! Remember: The number of reps and sets will depend on your abilities. Ideally, you want to aim for 2 to 3 sets of 8 to 12 reps! Always check with your healthcare provider before beginning any new exercise routine.

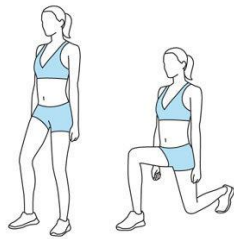
1. WARM-UP: Walking Lunge (2 x 10 reps)

Start with your feet together and step forward with your right leg.

Go into a lunge, keeping your knee over your ankle (far right). Then, in one motion, straighten up and lunge forward with your left leg.

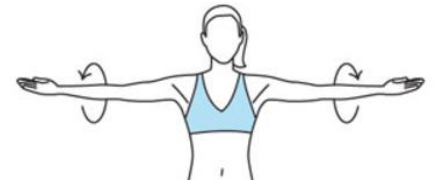
Continue for 5 steps forward.

Then turn around and lunge 5 more times back to where you started.



2. WARM-UP: Arm Circles (4 x 20 seconds)

Stand up and extend your arms straight out to your sides. They should be parallel with the floor. Slowly start making circles with each outstretched arm. Continue the circle motion for 20 seconds, then reverse the direction.



3. LEGS AND ARMS: Reverse Lunges with Bicep Curls

Stand with your feet hip-width distance apart. With a dumbbell in each hand, take a large step backward with your left foot and bend your left knee. Lower your hips so your right thigh is parallel with the floor. As you do this, curl your biceps towards your shoulders. Make sure your knee is directly above your ankle. Return to a standing position by pressing your right heel into the floor while bringing your left leg forward to complete one repetition. To make it more challenging, complete the lift phase of the bicep curl as you step up and return to the standing position.



4. BACK: Dumbbell Plank Rows

Start in a plank position with your legs wider than hip-width apart and dumbbells in your hands. Lift your right elbow towards the ceiling. Return the weight to the ground and repeat the movement on the left side for your next set.



Alternatively, you can perform a one-handed dumbbell row on a bench. Place your right leg and right hand on top of a bench. Your left leg should be planted on the floor, and your left hand should hold a dumbbell. Lift your left elbow toward the ceiling. Slowly return to starting position and repeat.



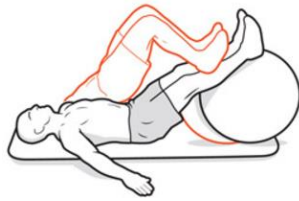
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5. LEGS: Hamstring Ball Curls

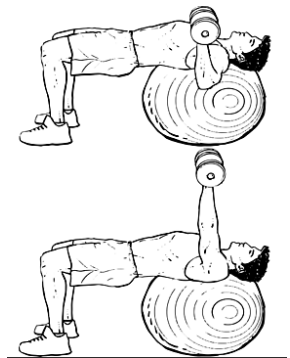
Lie face-up with your calves on a yoga ball and your arms by your sides.

Squeeze your glutes and raise your hips until your body forms a straight line from shoulders to heels. Slowly, bend your knees and pull the ball toward your hips until you can rest the soles of your feet on top of the ball. Slowly, press the ball away from your hips until your knees are straight. Repeat reps and slowly lower your body to the floor.



6. CHEST: Dumbbell Chest Press on Ball

Lie on a ball while holding a pair of dumbbells. With your elbows bent to 90 degrees, push the dumbbells up towards the ceiling. Your arms should be directly over your shoulders and your palms facing your feet. Slowly return to starting position.



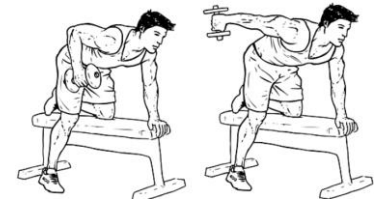
7. SHOULDERS: Rear Deltoid Fly

Holding two dumbbells, stand up and bend slightly at the knees. Move your hips back as you shift your weight onto your heels. Bend forward while maintaining a straight back. Raise your arms to your sides with your elbows slightly bent. Stop and hold when dumbbells are at shoulder height. Slowly, return to starting position.



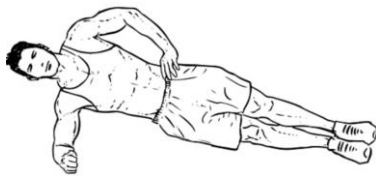
8. ARMS: Triceps Kickback

Place your right leg and right hand on top of a bench. Your left leg should be planted on the floor, and your left hand should hold a dumbbell. Bend your left elbow so your upper arm is parallel with the floor and your forearm is perpendicular to the floor. As you keep your elbow close to your waist, straighten your arm behind you until your entire arm is parallel with the floor. Slowly, bend your elbow to lower the weight and repeat.



9. CORE: Side Plank

Start on your right side with your legs extended. Stack your feet or place one in front of the other. Place your right elbow directly under your shoulder to prop up your torso and align your head with your spine. Gently contract your core and lift your hips and knees off the floor. Hold for 30 to 60 seconds then return to the starting position. Roll onto the other side and repeat. Modification: keep your knees on the floor.



10. CORE: Reverse Curls

Lie on the floor and extend your legs straight up towards the ceiling. Use your core to lift your hips directly upwards. Lower your hips back to the floor and repeat.

