WOW
Workout on Weights

1. **Warmup:**
   - High knees x 30 seconds
   - Straight leg kicks x 30 seconds

2. **Single leg deadlift with lateral arm raise x 12:** Stand with arms by your sides and a slight bend at the knee. Bend at the waist to bring your chest parallel to the floor, raising one leg out behind you. Lift your hands to the side, squeezing your shoulder blades together and then squeezing your chest muscles, bring your arms back to center. Stand up, focusing on the glute muscles.

3. **Alternating step back lunge x 12:** Step back into a deep lunge keeping the chest up and knees bent so that weight is even distributed between both feet, not too much weight on the front quad or back leg. Step back forward.

4. **Push-up plank position with single arm row x 12:** On your feet or on your knees, create a wide base with your feet or knees. Arms are straight creating a push-up position. Keep belly strong to keep a straight line from head to toes (knees). Lift one arm up off the ground, squeezing the back of the shoulder and shoulder blade, bringing your elbow up past your back and keeping it close to your sides. Return back to starting position and alternate arms.

5. **Jane Fonda's: Side plank hip lift-leg lift x 12:** Lie on your side with bottom leg bent and top leg straight. Lift your body, hips and upper thighs off the floor. Raise the top leg into the air. Switch sides after twelve.

6. **Caterpillars with knee twist x 12:** Stand with feet hip-width apart. (Bending your knees if needed) keep legs straight and bring your hands to the floor. Walk your hands forward until you are in a push-up position. Walk your feet toward your hands and stand back up to starting position and repeat.

7. **Walking lunges x 12:** Stand with feet hip-width apart. Lifting your thigh to parallel to the ground, step your right foot forward and lower at the hips, bending both legs. Bring the back leg forward and repeat.

Repeat series twice

Jennifer Roherty, ACSM Health Fitness Specialist