WOW

Workout On Weights

1. **Wide Squat**: Stand with feet wider than shoulders, knees slightly bent, toes turned outward. Hold resistance band with both hands at sides of body. Squat until thighs are nearly parallel to the floor, sticking butt out as if sitting in a chair. Squeeze glutes as you straighten legs to starting position to complete one rep.

2. **Wide Squat with heel raise**: Stand with feet wider than shoulders, knees slightly bent, toes turned outward. Hold resistance band with both hands at sides of body. Squat until thighs are nearly parallel to the floor, sticking butt out as if sitting in a chair. Lift your heels and squeeze glutes as you straighten legs to starting position to complete one rep. Drop heels back down.

3. **Three Way Lunge**: Stand with legs slightly apart. Take a big step forward, keeping upper body as straight as possible. Lunge until the front thigh is parallel to the floor and the back knee approaches the floor. Push off and return back to the starting position to complete one rep.

4. **Single leg lunge with toe touch**: Lift right foot a few inches off the floor and soften left knee. Place left hand on hip. Squat down as far as possible, reaching right hand toward the floor. When you’ve squatted as far as you can comfortably, then bend from the hips to touch the ground with the right hand. Squeezing glutes, and keeping back straight, rise up and straighten leg to complete one rep. Complete all reps and switch sides. When reaching toward toe, concentrate on bending knee into a lunge rather than bending over from the waist/hips.

5. **Standing Adduction**: Stand with feet slightly apart, knees slightly bent, hands on hips or one hand on a chair or wall for balance. Shift weight to right leg keeping it slightly bent. Keeping toes pointed forward, foot flexed, and leg straight, lift the left foot off the ground and out to the side as high as you can. Hold here for 2 counts. Lower slowly with control without letting left foot or leg rest to complete one rep. Complete all reps and switch sides.

6. **Standing Abduction**: Stand with feet slightly apart, knees slightly bent, hands on hips or one hand on a chair or wall for balance. Shift weight to right leg keeping it slightly bent. Lift left leg slightly forward in front of right leg, keeping foot flexed and toes pointing forward. With a small movement, slowly swing left leg across center line of body, in front of right leg. Lift as high as possible. Hold for 2 counts. Lower slowly with control to start (without letting foot rest on ground) to complete one rep. Complete all reps and switch sides.

7. **Straight leg lift**: Face a chair and rest hands on the seat or back of the chair. Keeping hips squared toward the chair, lift your left leg backwards as high as you can, squeezing your glutes. Repeat 10 times and repeat on the opposite leg.

8. **Seated or Standing Row**: Grab each handle and place feet on band, hip-width apart, toes forward. Stand tall with back straight, abs engaged, and knees soft. Bend forward from the waist with a flat back, arms extended under the shoulders, palms facing the body. Row the handles towards your chest, bringing the elbows up towards the ceiling and squeezing your shoulder blades together. Slowly return to the start position to complete one rep.

9. **Concentration Curls**: Begin seated on a bench or chair. Hold a dumbbell with an underhand grip, resting that elbow on the inner side of your thigh. Curl the dumbbell to your shoulder, keeping upper body still. Lower the weight down until your arm is straight but the elbow is not locked.

10. **Triceps Dips on Chair**: Sit tall on the edge of a sturdy chair or step and wrap your fingertips over the front edge. Place feet on the floor in front of you with knees bent. Lift hips and butt up and slightly forward. Bend elbows about 90 degrees and lower hips toward the floor. (If you feel pain in the shoulders, your elbows are bent too much). Press up until elbows are straight, but not locked.

11. **Reverse Fly**: Begin by sitting on chair with your feet flat on the floor and dumbbells to your sides, palms facing inwards. Lean over so your chest is slightly above your knees. This forward lean is what will work the muscles towards the back of your shoulders. Raise your arms to your side, bringing the dumbbells up to shoulder level height. Keep your arms as straight as possible but do not lock your elbows. Slowly lower the dumbbells back to the starting position. Try doing 2 sets of 10-12 repetitions.

**Abs**

1. **Side Plank with Bent Knee**: Lie on your right side on an exercise mat with your knees bent and legs stacked one upon the other in a comfortable position. Engage your abdominal/core muscles as you raise your torso coming to support yourself on your right forearm. Your right elbow is bent and should be directly under your shoulder. Your head should be aligned with your spine. Your hips and bottom leg are in contact with the exercise mat. Exhale, keep the abdominals engaged to brace the spine. Inhale and gently return yourself to your starting position. Repeat on the other side.

2. **Vertical Toe Touches**: Lie flat on your back on the floor / mat with your knees bent and feet flat on the floor. Your arms are by your sides. Brace your abdominal muscles to stabilize your spine. Pull your shoulder blades down your back. Lift both feet off the floor. Straighten your knees until your thighs are vertical to the floor. Put your hands on your thighs. Shoulder blades are flat on the floor. Gently exhale. Use your abdominals to bring your head and shoulders of the floor, curling the spine. Reach your hands along your thighs toward your ankles. Keep your head aligned with your upper spine. Do not lower your chin, jut it out or drop your head back. Continue curling upward until the tips of your shoulder blades lift completely.
off the floor. Hold this position for 5 - 10 seconds. Slowly return to your starting position and repeat the movement.
Complete a set of quality repetitions. Discontinue the exercise when you are unable to maintain good form.

3. **Child’s Pose**: Come to a hands and knees position on the mat with your toes pointing behind you, big toes touching. Widen your knees towards the outside of the mat as you sit back toward your heels. As you sit back, try to bring your hips all the way to your heels or as far back as possible. Stretch out through your back and arms. Pull the shoulders down and back. Keep them away from your ears. Allow your chest to rest between your thighs and your forehead to rest on the floor. Inhale as you lengthen the spine, extending through the upper body, and exhale as you fold deeper into the pose, widening the knees as needed. Hold this position for 5-10 slow, deep breaths (approximately 30 seconds to a minute).