WOW Workout on Weights

Repeat this entire sequence twice.

**Squat with front deltoid raise with bands:** 12 repetitions
1. Stand on the center of your band.
2. Feet are just wider than hip width apart, toes slightly pointed out.
3. Squat pushing the hips back first and knees pushed out to keep in align with the 2\textsuperscript{nd}/3\textsuperscript{rd} toes.
4. With weight in the heels, drop the hips down into the squat.
5. Push backup through the heels and as you do, raise your hands to parallel with the floor.

![Squat with front deltoid raise with bands](image)

**Incline Pushups:** 12 repetitions
1. Using a chair or table, extend hands so that they are directly under your shoulders (as if you were on a flat surface).
2. Let your elbows come out to the sides, slightly below shoulder level. You should be able to go deeper than a pushup on the floor, so challenge yourself to see how close to the table/chair you can get.

![Incline Pushups](image)
Stationary Lunge: 12 repetitions on each leg
1. Standing with feet shoulder width apart, step one leg forward (maintaining the distance between your feet. If you take a longer stride forward, the muscle concentration will be in the back glutes. If you take a shorter stride forward, the concentration will be in your front quadriceps.
2. Remember to drop the pelvis toward the floor. The downward phase should not be felt with a lean forward of the torso.
3. Press through the front heel to return to starting position.
4. Step forward with the opposite leg.

Upright Row: 12 repetitions
1. Stand on the center of your band and hold onto each end.
2. With your hands in front of your thighs, keep your hands close together and bring them up to chest height, leading with your elbows. Squeeze your shoulder blades together as you lift.
3. You can do this exercise standing on one leg.
**Triceps Extension: 12 repetitions**
1. Seated on the edge of your chair, turn your fingers forward so that they are curled around the front edge of the seat.
2. Scoot your hips off of the seat and drop them as low as you can, with the goal to have your upper arms parallel to the floor.
3. You can make this exercise easier by bending your knees and bringing your feet in closer or harder by extending your knees and taking your feet further away. Try a couple in a harder version and then modify to make them easier when you need to.

![Triceps Extension Diagram](image1)

**Deadlift with Bent Over Row: 12 repetitions**
1. Standing on the center of your band grasping your band at mid-shin height, stand up squeezing your glutes and putting the weight in your heels.
2. Lower back down letting your arms straighten.
3. Squeezing your shoulder blades together, slide your elbows past your torso (they should brush against one another) and squeeze your elbows at the top as if they were to touch together. Slowly lower back down.
4. Stand up, and repeat.

![Deadlift with Bent Over Row Diagram](image2)
**Chest Press: 12 repetitions**

1. If you have a ball, feel free to give this a try! Otherwise, you can do it on the floor.
2. With your band behind your back, start with your hands at chest level (bottom of the sports bra line) and elbows out wide.
3. As if you are squeezing your elbows together at the top, press up and squeeze through your armpits.
4. Slowly lower and repeat.

![Chest Press Image](A)

![Chest Press Image](B)

**Lateral Pulldown: 12 repetitions**

1. With hands over head and slight tension in your band, keep one arm straight in the air and squeeze the muscles under your armpit as you pull the band down until your elbow touches your side.
2. Slowly raise and repeat.
3. You can alternate or finish one side at a time.

![Lateral Pulldown Image](A)

![Lateral Pulldown Image](B)
Wall Bridges: 12 repetitions  
1. With hips flat on the ground, place feet slightly higher than parallel to the floor (knees greater than 90 degrees).  
2. Squeezing your glutes and with a strong core, lift your bottom off the ground.  
3. Slowly lower and repeat.

Bicycle Obliques: 12 repetitions  
1. The focus of this exercise is to use slow and controlled movements...take your time.  
2. Bring your knee toward your elbow squeezing your abdominals.  
3. Alternate sides and repeat.