

live well be well

WOW: work out of the week ::

Welcome to your Workout of the Week! We will be working with a resistance band for this month's workout.

Melissa Johnson, Chief Administrative Officer for Roseville, will demonstrate the exercises for this month. Melissa loves to exercise and practices strength training regularly. She understands the importance of taking care of her body and enjoys the challenge of weightlifting.

Exercise: Resistance Band Upright Row

How to perform: Stand up tall and step on top of the band. Hold the handles with your palms facing inwards. Exhale, pull the band to your chin and keep your elbows up. Then inhale, release the band back to starting position.

Duration: Perform 10 to 12 repetitions with good form and breathing.

