

live well be well

WOW: work out of the week ::

Welcome to your Workout of the Week! This month we will practice resistance training with free-weight dumbbells. If you don't have weights at home or in the office, you can use books, water bottles, or anything that has weight as resistance.

James Robinson (or Jay), Senior Vice President/Area Manager for Sac & SSC, will demonstrate this month's exercises. Jay has a deep passion for exercise and works out regularly. He does weightlifting, swimming, golfing, and has recently started to play pickleball.

Exercise: Squat

How to perform: Hold the weight close to your body and move your feet shoulder width apart. Inhale, push your hips back and pretend as if you are sitting in a chair. Keep your chest lifted and spine upright. Exhale, stand up tall and return to starting position.

Duration: Perform for 10 repetitions.

