

# 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:** Bicep Curl

**How to perform:** Stand up tall and place a weight in your hand. Exhale, bend your elbow and bring the weight up, then inhale and slowly lower down.

**Duration:** Perform for 10 repetitions on both the right and left side.

