

Welcome to February and your Workout of the Week! This month we will highlight Riverside Adult Family Medicine, Module 6.

Dr. Faisal A Kanbar-Agha who works in AFM Module 6 will demonstrate 4 exercises he feels are essential in the workplace. Faisal is a fitness enthusiast and loves to exercise. He attends GTX classes at Lifetime Fitness, which focus on strength and cardiovascular endurance. These classes are very challenging as they focus on elevating and varying heart rate zones. Faisal also tries to exercise in the workplace when he has free time.

When he's not with patients, he does quick energizing movements, such as squats, push-ups and other calisthenics movements. He also encourages his team to exercise, and they enjoy the healthy push.

Great job, Faisal! You and your team are an inspiration and keep up the great work!

Exercise: Push-up

How to perform: Place your body in a push-up position with your hands shoulder width apart and feet on the ground. You can perform these on your knees or off your knees. Inhale, slowly lower your chest to the ground while bracing your core. Exhale, extend your arms and return to starting position.

Duration: Perform for 10 repetitions.

