

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: Bicep curl

How to perform: Stand up tall and hold a weighted object. This can be a soup can, water bottle, or free weight dumbbells. Exhale, bend your elbows and curl the weight up. Exhale, slowly lower the weight down to starting position. Engage your core and keep your chest lifted throughout the exercise.

Duration: Perform for 10 repetitions.

