

March is here and welcome to your Workout of the Week! This month we will highlight Lincoln Physical Therapy.

Wesley Endow, DPT, will demonstrate four essential exercises that can improve fitness and mobility. Wesley is a Senior Physical Therapist and received his doctorate from Sacramento State. Has been working with the organization for 3 years and practicing Physical Therapy for 6 years. His passions include water polo, swimming, and wrestling. Recently, Wesley has developed an interest in martial arts and currently practices Judo, a sport which requires not only physical fitness but also mental resilience.

Wesley is also the wellness ambassador for his department and enjoys exercising and staying active with his coworkers. He encourages them to move in the workplace.

Great job, Wesley! You and your department are role models for health and wellness in the workplace.

Exercise: Pushup + Upward Dog + Downward Dog

How to perform: This exercise will be split into 3 parts.

1. Position your body into a push-up position. Slowly lower your body down to the ground.
2. Inhale, straighten your arms and look up and back while squeezing your glutes and keeping your chest lifted. This is Upward Dog Pose.
3. Exhale, press your palms into the ground and push your hips up and back while keeping your toes on the ground. Suck in your stomach and keep your elbows straight to feel a deep stretch in your lower back and hamstrings. This is Downward Dog Pose.

Duration: Perform all 3 movements for a total of 3 repetitions.



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2



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