

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: Hollow Body Hold

How to perform: Lie down on your mat and extend your arms above your head. Inhale, lift both your arms and your legs above your head. Keep your core engaged, low back flat on the floor, and keep your legs, arms, and head off the ground. You should feel your abdominals, lower back muscles, legs and arms engaged throughout the exercise.

Duration: Perform for 1 to 5 repetitions and hold this position for 20 seconds.

