

# Gym workout

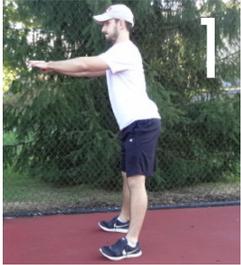
## Warm up

Jog, walk, or row for 5–8 minutes

OR

If cardio machines are not for you, this circuit will get you warm.  
Complete the circuit 2–3 times.

### Squats 25 reps



- Start the movement standing up, with your feet slightly wider than shoulder-width apart and slightly turned outward.
- Bend your knees to lower yourself down. Keep your chest “proud” by looking straight ahead and staying upright throughout the movement.
- Your hands should rise in front of you as you go down. Try to bring your thighs parallel to the ground before returning to the top. This is one rep.



### Windmills 10 reps per side

- Stand with your feet wider than shoulder-width apart.
- Raise your arms to shoulder height, forming a T.
- Slowly twist to bring one hand toward the opposite foot.
- Return to your standing position, then alternate on each side.



## Workout

As a general rule, when beginning any kind of strength training regimen, go slow and safe. Start with two sets of 10 repetitions each.

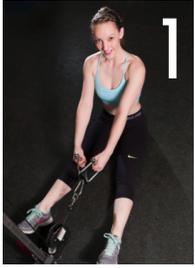
**When to increase the weight** If your form is perfect and you can easily hit the end of the rep range (for example, your set is 12–15 repetitions and you can easily do 15), you can safely add weight.

### Single dumbbell deadlift 4 sets of 6–8 reps each

- Stand with your feet parallel about shoulder-width apart.
- Place one dumbbell, with flat ends vertical directly between your feet on the ground. You may use a heavier dumbbell here than in other exercises, but progress carefully.
- Reach down and grab the top of the dumbbell with both hands.
- Bring your hips down and back so that your chest is slightly higher than your hips. The dumbbell should align below and between your shoulders.
- Without lifting the dumbbell, “lock in” by pulling lightly and engaging your back muscles.
- Simultaneously push through your heels and bring your hips forward while maintaining a neutral spine to lift the dumbbell.
- Maintain your form as you return to the starting position.



# 🔥 Workout



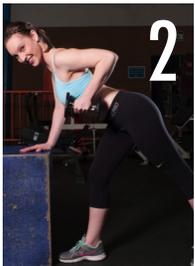
## Seated low rows 3 sets of 10 reps each

- Sit on the floor with your legs extended straight in front of you, facing a single cable machine, leg-distance away. The pulley should also be close to the floor and have a parallel-grip attachment.
- Avoid rounding your back as much as possible while you reach forward and grab the attachment. Return to a neutral spine position, so that your back forms a perpendicular line with the floor.
- Pull the attachment to your stomach, keeping your elbows against your sides. Extend your arms to finish one repetition all while maintaining good posture.



## Single-arm supported row 3 sets of 10 reps each

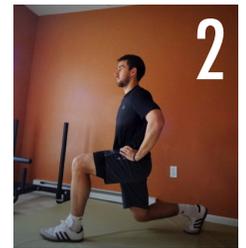
- Hold a dumbbell in one hand. Stagger one foot in front of the other, so that your rear foot is on the same side as the dumbbell.
- Push your hips back to lower the upper body and place your opposite hand on a stable platform about waist height. Maintain a neutral spine so that the back forms a straight line.
- Keep your elbow against your side as you pull the dumbbell toward your chest, forming about a 90-degree angle with your arm. Try to prevent any twisting as you raise and lower the dumbbell.



## Split squats

### 2 sets of 12 reps each

- Start in a staggered stance position, one foot in front of the other. When kneeling down, each knee should form a 90-degree angle. This is how you determine the proper distance between each foot.
- Maintain an upright posture while carefully bringing the back knee towards the ground. Try to keep the weight on the front heel to help prevent knee pain.
- Just before you touch the ground, extend both legs back to the starting position. This is one repetition.
- Complete the suggested number of reps before switching legs.



# ❄️ Cool down

## Quadriceps stretch 1 rep for each leg, holding for 30 seconds



- Standing up, grab your ankle joint (not your foot), and pull your lower leg gently toward your bottom.
- If balance is not your forte, support yourself on a wall or table.
- Hold the position for 30 seconds.
- Repeat with your other leg.