

Everyday Healthy SERIES



Compound Exercises (great time-savers!)

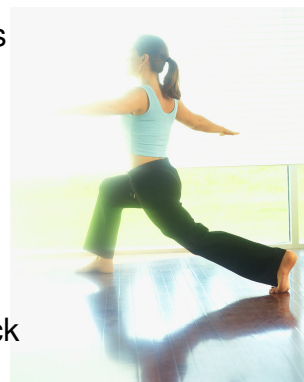
Jackie McLarnon

Be sure to warm up for 5 – 10 minutes before performing these exercises. Start with one set of 10-12 repetitions and work up gradually (over 2-3 weeks) to 2 to 3 sets of 10 repetitions. Stretch *after* your workout while you are still warm. Breathe continually throughout each exercise – do NOT hold your breath and keep your abdominal muscles pulled in throughout the exercises.

Lunge and lateral raise

This exercises works leg muscles including thighs and glutes, and shoulder muscles.

Standing tall and holding a dumbbell in each hand, take a step forward with the right leg. You will need to lift the heel of your left foot. Staying tall through the torso, bend your right knee keeping it behind your toes. As you lower yourself towards the floor, slowly lift your arms to the side as far as shoulder height. Keep your elbows slightly bent while doing this. Hold for 1 second and then slowly stand back up by straightening your right knee and lower your arms back to your side.



Lunge with shoulder press

This exercise works leg muscles, shoulders and triceps(back of your upper arm).

Start in the same position as in the first exercise but with your *left* leg forward. Have your elbows bent and close to your body. As you lower this time, slowly lift your arms overhead but positioned so that you can just see your hands if you glance upwards. As you slowly stand back up, return your elbows to the bent position.

Calf raises and bicep curls

As the name suggests, this works your lower leg and front of your upper arm.



Standing tall with feet slightly apart and holding a barbell or two dumbbells in your hands, slowly lift yourself up onto the balls of your feet as you also bend your elbows and bring the weights toward your shoulders. As you lower your heels back to the floor, also lower your hands.

Push ups

Done either from your knees or your toes, this exercise works chest, triceps and core muscles. A “3 for 1” deal!



Start on hands and knees on a mat. Hands should be shoulder width or wider and in line with your shoulders or slightly below shoulder level. Move your knees back on the mat so you have a straight line from your head to your knees. There should be no bend at the hips. Lower your upper body towards the floor until your chest is about 4-6 inches off the floor. Return to the extended position without locking your elbows. Keep your abdominal muscles pulled in throughout the movement.

Bent over row

Works back muscles and biceps.

Stand with feet hip width or wider holding dumbbells. Bend knees, hinge forward from hips and allow arms to hang towards floor. Retract shoulder blades, keep your neck long and in a neutral position while you pull your elbows up towards your ribs. Maintaining your position and keeping shoulder blades retracted, slowly return your arms to a straight position and repeat action. Be very aware of how your lower back feels. If it is uncomfortable at all, a modified position is required. Use the lunge position described earlier and lean forward onto your front leg. Use the free arm to do the row exercise. Switch to the other side and repeat.