

guaranteed
love

Mental Health Week



IN PURSUIT OF BETTER...

Take a Circuit Break

Perform this circuit to increase blood flow and boost your energy.

Following these exercises in numerical sequence performing 10 reps of each exercise and holding each stretch for 15-30 seconds will help you stay focused and productive throughout the day.

These exercises may not be for everyone. Please consult your physician before engaging in any exercise program. Be sure to stay hydrated and within your comfort zone.

01. Shoulder Opener

Place your right arm behind you with your hand between your shoulder blades. Stretch your left arm overhead and bend at the elbow to hold your right hand. If you can't reach your hand, hold a towel between your hands.

02. Squats

Begin with heels under hips, toes slightly out, chest high. Lower your torso by bending the knees. Continue down until your thighs are parallel to the floor. Return to standing.

03. Chest Press

Secure a band behind your back. Choose desired resistance. Press elbows out at height of shoulder until almost straight. Return to starting position.

04. Band Pull Aparts

With a firm grip on the band, keep your hands parallel to your shoulders. Move your hands away from one another then return back to starting position.

05. Shoulder Lateral Raise

Standing with one foot in front of the other secure the band under the arch of your lead foot. With palms facing your thighs and elbows bent, raise your hands to shoulder height. Return to start.

06. Bicep Curls

Spread your feet wide and find a balance. Your front knee is over your ankle. The back heel is in line with the heel of the front foot while the toes of each foot are facing perpendicular ways. Hold pose.

07. Tricep Overhead Extensions

Stand with feet shoulder width apart, secure the band under feet. Palms will face away from the body, elbows remain at your sides. Bring palms toward your shoulders. Return to start.

08. Warrior 2

Spread your feet wide and find a balance. Your front knee is over your ankle. The back heel is in line with the heel of the front foot while the toes of each foot are facing perpendicular ways. Hold pose.

09. Modified Downward Dog

Stand several feet behind a chair. Place hands on back of chair bending forward until your back is flat. Hold pose.

10. Seated figure 4

In a seated position, cross one ankle over the opposite knee. Sit up tall and gently bend forward. Hold pose.