

## Week 4:

### 1. Shoulder Raise

- a. Stand with feet shoulder width apart with hands down at your sides (holding something of weight in your hands to increase the intensity. I.E. water bottle, books, stapler, etc).
- b. Slowly raise your arms up and out to the side until your hands are in line with your shoulders.
- c. Pause for a moment, then lowers your arms back down. Now place your hands in front of your thighs, palms facing down.
- d. Raise your arms up until your hands are level with your shoulders.
- e. Pause for a moment, then return your arms back to your side. This is one rep. Complete a total of 10.

\*This can be done sitting down or standing.



### 2. Lunge

- a. Stand with feet shoulder width apart. Stand behind a chair with hand on the back of a chair for support. You can also have the chair at your side if that is better positioning. Try to use a stationary chair or surface.
- b. With your right foot placed firmly on the floor, take a large step back with your left leg, bending at the knee.

- c. Keep your back straight and try to touch your left knee to the floor (it's ok if you can't go all the way! Go as far down as you can without pain or discomfort) The goal is to get both knees at 90 degrees).
- d. Push off the left foot to come back to standing position. Repeat on the other leg. Complete a total of 8 lunges per leg.

\*To increase the intensity, don't hold onto the chair for balance.



### 3. High Knees

- a. Stand up straight with feet just a little closer than shoulder width apart.
- b. Bring your left leg up so your knee is in line with your hip.
- c. Return your foot to the floor and repeat with the other leg.
- d. Repeat this alternating motion for 30 seconds. Rest for 15 seconds, then repeat once more.

\*To increase the intensity of this move, alternate legs as fast as you can.

\*Try to keep your back straight and not lean backwards.



**Tip of the Week!** Feeling a little tense or stiff? Stretch it out! Staring at a computer screen or hunched over your desk can lead to neck/back pain. Every so often take a break to focus on your posture and bring your body back to alignment. Try sitting up straight and reach yours hands over head, then slowly bring them back down to your sides to lengthen the spine. The You can also try neck tilts too! Tuck your chin to your chest, bring your ear to your shoulder, or tilt your head to your back.