

National Employee Health & Fitness Month Workout of the Week!

TAKE IT OUTSIDE!

Get out of the office and enjoy a workout in the fresh air! You may use a bench, curb, or set of stairs for the following exercises. Repeat each for a total of 2-3 sets for a full body workout. Please check with your physician before participating in exercise.



Step Ups
x 10 each leg



Incline Push-Ups
x 10-15 reps



Tricep Dips
x 10-15 reps



Plank Walk-Ups
X 10 reps



Split Squats
x 10 each leg

