



RECREATION AT HOME

Upper Body Back Burner

These exercises are designed to tone and burn your upper body and back, by targeting those hard to hit spots. Incorporate these moves into your daily cardio exercise routine as part of your cool down, to enhance your overall workout!

For this Workout you will need:

- 1 x Fitness Mat
- 2 x 5lbs – 10bs weights depending on your level of fitness

1. Renegade Rows: With two weights, one for each hand, start in a plank position. Extend up into a push-up position, locking arms, toes pointed down. Next, lift one arm up to a 90 degree angle while keeping the other arm locked in place. Complete 10 reps for this arm, lifting the weight up and down. Repeat for the other arm. That is one full rep. Repeat for 3 reps.



2. Bent-Over Row Exercise: With one weight in each hand, standing feet shoulder-width apart, bend over forcing both weights down towards the ground. As you begin to stand back up, raise both weights at the same time up towards your sides. That is one rep. Repeat 15 times.



3. Lateral Arm Raises: Standing with your feet shoulder-width apart, weights at your side. Gently lift both arms up, but not higher than your shoulders. Hold for 2 seconds then release your arms back down to your sides. That is one rep. Repeat for 20 reps.



4. Back Arch: Laying on your mat facing the ceiling, bring your heels back to meet your glutes. Place your arms down along your sides and gently raise your back off the ground until you are in a 45 degree angle with the floor, all while squeezing your glutes and tightening your core. Hold for 20 seconds, then gently lower your glutes back to the floor and repeat for 20 more reps.

