

Dumbbell Row

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Back, Biceps

Start with a chair placed arms-length away and stand about 3 feet back from the chair, feet shoulder width apart. Grab the back of the chair with one hand and hold an appropriate weight in the other. Bend at the waist, keeping your torso at an angle. This is the starting position. Lift the weight up, pulling elbow past the back and into your body, similar to starting a lawnmower. Return back to the starting position, completing the entire exercise in a smooth and controlled movement.

Repeat for 2-3 sets of 8-15 reps.