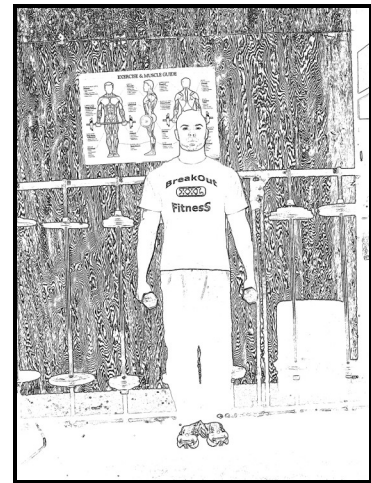
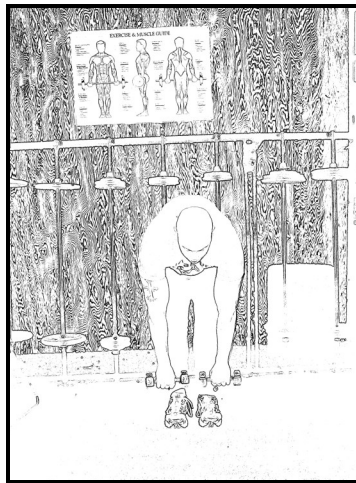


Deadlift

- 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: Gluteus Maximus, Hamstrings

Stand with feet shoulder width apart. Holding appropriate weight in each hand, straighten arms down at your sides or down in front with weights on thighs. This is the starting position. Keeping legs stiff, bend at the hips toward your toes, going as far as you can without pain or strain, in a smooth and controlled movement. Return to the starting position, focusing on using your hamstring muscles.

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