



LOU ANN'S

Workout

FROM HOME

**HELLO THERE!
THIS IS LOU ANN
FROM ACTIVE OLDER
ADULTS. HERE IS A
MUSCLE-TARGETED
WORKOUT YOU CAN
DO AT HOME!***

Shoulders:

- Shoulder press
- Lateral raise
- Forward raise

Biceps:

- Arm curl
- Concentration curl
- Single arm curl

Triceps:

- Push down with hi-low cable
- Overhead 2-arm extension
- Chair lift-offs

Upper Back:

- Upright row with body bar or band

Middle Back:

- Lat pull down with hi-low cable
- Standing row with band
- Bent over row straddling bench
- Seated row

Hamstrings:

- Standing rear leg extension with circle band
- Standing rear leg extension with hi-low cable
- Leg curl with machine

Quads:

- Squats-in-woods
- Seated leg extensions
- Wall or door slides

Abs:

- Seated lean-backs
- Stability ball crunches
- Bridge on floor or bed

Chest:

- Push-ups on wall or counter
- Incline bench dumbbell press
- Tree-hugger standing or seated with band

**CONTINUE YOUR
FITNESS JOURNEY.**

