AT HOME WORKOUT PRESENTED BY UTTC HEALTH PROMOTIONS

In light of the recent COVID-19 pandemic, UTTC Health Promotions would like to provide you with simple & effective workouts that can help you stay in shape!

UPPER-BODY ROUTINE

1A. PUSH-UPS (10–15 REPS), 30 SEC. BREAK
1B. SHOULDER TAPS (10–15 REPS), 30 SEC. BREAK
2. SEATED DIPS (10–15 REPS), 30 SEC. BREAK
3. SHOULDER CIRCLES (25–30 SECS), FORWARD
3B. SHOULDER CIRCLES (25–30 SECS), BACKWARD
4. SUPERMAN’S (10–15 REPS), 30 SEC. BREAK
5. UP & DOWN PLANKS (10–15 REPS), 30 SEC. BREAK

WORKOUT # OF REPS REST TIME

Repeat each exercise 3X, or 3 sets. Advanced may perform 5 sets instead of 3.