

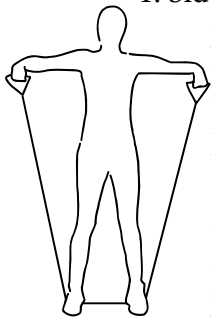
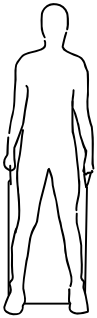
# Dr. Jo<sup>®</sup> energy for people

Speaker • Author • Coach

## Quick Resistance Workout Schedule

UPPER BODY - Mon, Wed, Fri

LOWER BODY - Tues, Thurs, Sat



1. Side Lateral Raise – Stand with feet positioned hip-width apart with tube anchored under both feet. Use overhand grip and place hands on side of body. Keeping arms straight, lift until elbows reach shoulder height and then return to starting position. Repeat for 8-15 repetitions (1 set). Aim for 1-3 sets.



1. Squats – anchor tube under both feet (about shoulder width apart). Hold handles at shoulders, elbows open with tubing behind body. Sit back slowly until knees are approximately parallel to the floor. Make sure your knees do not go over your toes. Return to standing. Repeat for 8-15 repetitions (1 set). Aim for 1-3 sets.



2. Bicep Curls - in the same position as the side lateral raise, place hands in front of the body in an underhand grip. Keeping your upper arms in place, flex elbows until hands reach shoulder height and then returning to starting position. Repeat for 8-15 repetitions (1 set). Aim for 1-3 sets.



2. Lunges - wrap middle of tube around one foot and hold handles at shoulder height in front of your body. Place other leg approximately two feet back. With weight predominately on the front foot, flex both knees until front upper leg is approximately parallel to the floor. Return to original position. Repeat for 8-15 repetitions (1 set). Aim for 1-3 sets.



3. Tricep Overhead Extension - hold tube handle in left hand. Lift arm up and bend at elbow. Keeping elbow pointing to ceiling, let tube fall behind your back and grasp the tube with your right hand about a foot below your left hand. Straighten your left arm to a soft elbow lock position and then return to starting position. After 8-15 repetitions, repeat with the right arm. Aim for 1-3 sets.

3. Wall Sit - start by standing away from the wall and with heels about a foot away from the wall. Slide down the wall as if sitting in a chair. Hold position for up to one minute. Rest as needed. Repeat up to 3 times.