

Tube Toning - 6 Exercises to Success!

3. Seated row for back. This will help your posture! Keep shoulders back and down, and squeeze your shoulder blades together. Do 2-3 sets of 10-15.



2. Thigh toner. Keep your chest up, squeeze your stomach, and contract your thighs in and out. Do 2-3 sets of 10-15.



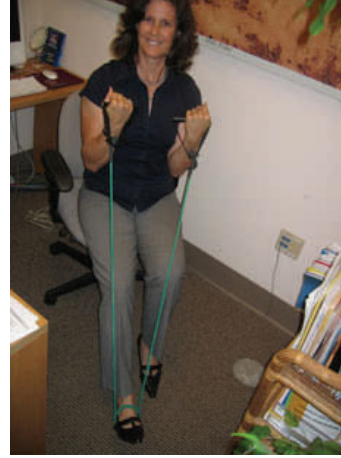
1. Squat. Keep your knees behind your toes and sink through your heels on the way down. Do 2-3 sets of 10-15.



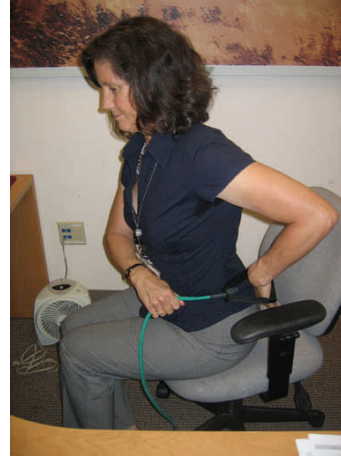
6. Lateral raise for shoulders. Lead up with your elbows and keep shoulders down. Do 2-3 sets of 10-15.



5. Biceps curl. Keep shoulders back, and elbows directly under shoulders. Pull arms up. Do 2-3 sets of 10-15.



4. Triceps extension behind back. Keep elbow stationary in towards center of back, and extend arm. Do 2-3 sets of 10-15.



Start with a 3-5 minute warm-up.

If you are in your office, you can simply lift your knees up and down in a marching fashion while swinging your arms at your sides. Outside, you can go for a light walk. This will allow for some blood and oxygen to flow through your body and get you ready for your strength training!

Next, do the workout.

Stay tight and clean with your movements. At first, you may have a hard time finding muscle groups, but the more you do the exercises, the easier they will become. You will become more in tune with your body.

Enjoy the workout! Try doing this workout at least 2-4 times per week. It is a great stress release, and should only take 15-20 minutes out of your day.

To enjoy more workouts, and if you are able to get to the gym, feel free to pick up the workouts that are provided in the ACSR Fitness Center each week for FREE!