



3 SETS OF 3

AN EASY WAY TO SNEAK EXERCISE INTO YOUR DAY

Chances are, if you are like most people, you are BUSY! So busy, in fact, that you think you just don't have the time to exercise. But what if I told you that you could easily sneak exercise into your day by simply doing our 3 sets of 3 Program?

3 Sets of 3 is simple. All you do is select one muscle group for each day of the week. Then complete three sets of 3 different exercises for that muscle group.

Voila! You just worked out!

This isn't crazy. This is actually backed by science! A recent study conducted by the University of Virginia found that simply doing three sets of three exercises helped to significantly improve muscular endurance!

Try it and see for yourself! Start with the range of motion activities, and as you feel comfortable, add weights for additional resistance!



MONDAY BACK

The back contains some of the most massive and functionally important muscles in the human body. A strong back improves posture, adds support and protection to the spine, allows for reach, pull and extension of the arms and torso and makes action safer and more stable – including carrying groceries or twisting to pick up a set of dropped keys and running a 5K!

Interesting Facts

- Back pain is among the most common reason for a physician visit.
- Back pain can affect people of all ages, from adolescents to the elderly.
- Experts estimate that up to 80% of the population will experience back pain at some time in their lives. Check out the following exercises we list that will strengthen your back!

Exercise 1: Shoulder Blade Squeeze Holds

Step 1: Stand up straight, arms at your side, elbows bent at 90 degrees.

Step 2: While keeping your arms near your body bring your shoulder blades back, almost like your trying to get them to touch each other. Hold that position for about 5 seconds.



Exercise 2: TheraBand Rows

Step 1: Standing with upright posture, pull the TheraBand back, while keeping the band close to your body.

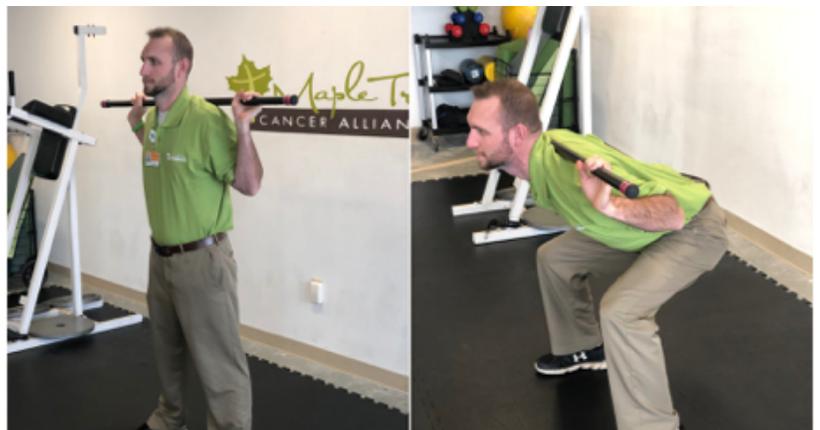
Step 2: Bring your shoulder blades back so they are almost touching each other, focus on holding that squeeze.



Exercise 3: Good Mornings

Step 1: Stand in a straight position with a bar or similar object resting on the back of your neck (don't use too much weight!)

Step 2: Release at the hips and bend forward, keeping the legs straight and core strong, then come back to the standing straight up position.



TUESDAY

BICEPS & TRICEPS

Interesting Facts

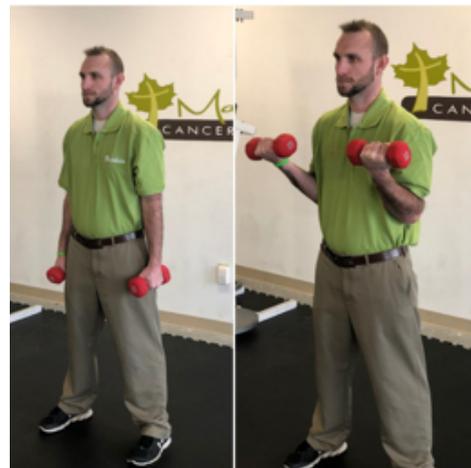
- Biceps are also known as the “The Popeye Muscle” because the biceps brachii will pop up and form a hard ball in the upper arm when curled, just like Popeye the Sailor man when he flexes his muscles.
- The biceps brachii is a two-headed muscle consisting of a “long head” and a “short head”.
- The average size of the triceps muscle is about twice as large as the average size of the biceps muscle.

Exercise 1: Biceps Curl

Step 1: Stand up straight with a dumbbell in each hand at arm’s length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.

Step 2: Keeping the upper arms stationary, exhale and curl the weights while shortening your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level.

Step 3: Hold the shortened position for a brief pause as you squeeze your biceps. Then, inhale and slowly begin to lower the dumbbells back to the starting position.



Exercise 2: Drag Curl

Step 1: Grab a weighted bar or pair of dumbbells (household items such as soup cans, water bottles also work), and grab with palms facing forward, your elbows close to your torso and back. This will be your starting position.

Step 2: As you exhale, curl the weight up while keeping the elbows to the back as you drag the bar up by keeping it in contact with your torso. You will not be keeping the elbows pinned to your sides, but instead you will be bringing them back. Also, do not lift your shoulders.

Step 3: Slowly go back to the starting position as you keep the bar in contact with the torso at all times.



Exercise 3: Triceps Extension

Step 1: Hold onto a weight safely behind your head and extending your arms up

Step 2: Lower the weight back down making sure to use control as to not drop the weight too fast. Repeat this exercise with your other arm.



WEDNESDAY LEGS

One of the largest muscle groups, performing leg workouts can help to improve your ability to engage in cardiovascular exercise and lifting, because stronger legs translate into better endurance and core strength. This could also mean an improvement in your balance!

Interesting Facts

- The average person takes between 6,000 and 9,000 steps every day (studies suggest walking 10,000 steps a day for optimal health).
- The body's longest muscle is the sartorius. It is a strap-like, narrow muscle which runs all the way from the hip to the knee.
- The muscles that make up the quadriceps are the strongest and leanest of all muscles in the body. These four muscles at the front of the thigh are the major extensors (help to extend the leg straight) of the knee.

Exercise 1: Squat

Step 1: Stand with your feet slightly wider than your hips. Your toes should be pointed slightly outward. Look straight ahead and pick a spot on the wall in front of you. You'll want to look at this spot the entire time you squat, not looking down at the floor or up at the ceiling. Keep your entire body tight the entire time.

Step 2: Breathe in, break at your hip and push your bottom back. Keep sending your hips backwards as your knees begin to bend. It's important that you start with your hips back, and not by bending your knees. Keep your back straight, with your neutral spine, and your chest and shoulders up. As you squat down, focus on keeping your knees in line with your feet.



Exercise 2: Standing Donkey Kick

Step 1: Stand tall and place your hands on your hips. Put your weight on your right leg, keeping both legs straight, and lift your left leg directly behind you. Keep your left foot flexed, and work on lifting your heel as high as you can without leaning your torso too far forward. Engage your core to help you stay balanced.

Step 2: Next, lower your left leg so it is parallel with your right leg, but don't let it touch the ground. Then lift it back up behind you. Repeat with the other leg.



Exercise 3: Calf Raises

For safety you should perform this exercise while holding onto a sturdy surface for balance, and then not holding onto anything as a more advanced movement.

Step 1: Stand tall on the edge of a step with your core muscles pulled in, the balls of your feet firmly planted on the step, and your heels hanging over the edge. Rest your hands against a wall or a sturdy object for balance.

Step 2: Raise your heels a few inches above the edge of the step so that you're on your tiptoes. Hold the position for a moment, and then lower your heels below the platform, feeling a stretch in your calf muscles.



THURSDAY CHEST

The muscles in the chest are predominantly used to control the movement of the arm and also play a crucial role in inhalation, pulling the ribcage allowing the lungs to expand.

Interesting Facts

- The muscles of the chest consist of two parts, the pectoralis major and the pectoralis minor.
- The pectoralis major is a thick muscle that is shaped like a fan located in the front of the body. The pectoralis minor is located underneath the pectoralis major and unlike the pectoralis major is thinner and shaped more like a triangle.
- The pectoralis major muscle is responsible for keeping the arm attached to the trunk of the body!

Exercise 1: Wall Push-Ups

Step 1: Stand in front of a bare wall and lift your arms up to shoulder level. Place your palms against the wall so that they are slightly wider than your shoulders. Your fingertips should be pointing up. Back your feet a couple feet away from the wall so that your elbows are bent as you lean on an angle into the wall.

Step 2: Inhale before beginning the exercise and exhale as you push off the wall until your arms are in an outstretched position with elbows slightly bent. Inhale as you go back to the starting position.

Don't arch your back. Arching your back during a chest exercise can put too much pressure on the lower spine and cause injury.



Exercise 2: Inclined Chest Fly

Step 1: Hold a dumbbell in each hand and lie on an incline bench that is set to an incline angle of no more than 30 degrees. Extend your arms above you with a slight bend at the elbows. Now rotate the wrists so that the palms of your hands are facing you. This will be your starting position.

Step 2: As you breathe in, start to slowly lower the arms to the side while keeping the arms extended and while rotating the wrists until the palms of the hand are facing each other. At the end of the movement the arms will be by your side with the palms facing the ceiling. As you exhale start to bring the dumbbells back up to the starting position by reversing the motion and rotating the hands so that the pinky fingers are next to each other again. Keep in mind that the movement will only happen at the shoulder joint and at the wrist. There is no motion that happens at the elbow joint.



Exercise 3: Chest Squeezes

Step 1: While either seating or standing, keep your arms straight and place the palms of your hands together in front of your chest.

Step 2: Push both hands against each other as you contract your chest. Start with slow tension and increase slowly. Keep breathing normally as you execute this contraction. Hold for the recommended number of seconds. Now release the tension slowly.

To make this harder, place a weighted object in your hand and repeat the steps below.



FRIDAY SHOULDERS

The shoulder is the body's most moveable and unstable joint. It is made of a considerable amount of muscles, tendons and ligaments that work hard to keep everything in position.

Keep yours stable with strong muscles!

Interesting Facts

- Rotator cuff tears are the most common cause of shoulder pain and disability in adults.
- Exercise can keep the shoulders strong and healthy, but poor form can create a greater risk of injury.
- The Rotator cuff is one of the most complex and delicate systems of tendons and muscle in the human body.

Exercise 1: Lateral Raise to Arm Circles

Step 1: Start with your arms at your sides and lift them straight up until you reach a T position.

Step 2: Perform a slight circular motion with your arms in the air. Repeat the movement in the other direction.



Exercise 2: Underhand and Overhand Towel Raises

Step 1: While holding a towel out in front of you with both hands, lower your arms down to your waist

Step 2: Raise your arms back up to the starting position.

Pictured is an overhand grip but this same exercise can also be done by turning your hands around for an underneath grip, changing the focus of the exercise.



Exercise 3: Overhead Press

Step 1: With a dumbbell, in each hand, raise both hands by your ears.

Step 2: Press the weight straight up above your head and then control the weight as you bring it back down to the original position.

