



“WHERE NEW STORIES ARE MADE”

ARE YOU SHORT ON TIME? NOT ABOUT THE GYM LIFE? NEW TO STRENGTH TRAINING? If you answered **YES** to any of these questions then this workout could be for you. It can be done in the gym or at home and only requires a small investment of your time. These exercises can be done using dumbbells or bands.

Before we get into the workout, let’s define strength training and how it can benefit you.

WHAT IS STRENGTH TRAINING?

Strength training — also known as weight or resistance training — is **physical activity designed to improve muscular fitness** by exercising a specific muscle or muscle group against external resistance, including free-weights, weight

machines, or your own body weight, according to the American Heart Association.

SOME BENEFITS OF STRENGTH TRAINING:

- **Makes you stronger**
- **Decreases abdominal fat**
- **Decreases your risk of falls**
- **Improves heart health**
- **Boosts your mood**
- **Promotes greater mobility and flexibility**
- **Strength Training Can Help With Chronic Disease Management**

TOTAL BODY WORKOUT

SQUATS

(6-8 REPS)

DUMBBELL ROMAN DEADLIFTS

(6-8 REPS)

DUMBBELL ONE ARM BENT OVER ROW

(6-8 REPS)

DUMBBELL SHOULDER FLIES

(6-8 REPS)

DEADBUGS

(6-8 REPS)

Do all five exercises in a row. That's 1 set. Repeat 2 more times for a total of 3 sets.

