

Exercise of the Month

December 2017

Functional Exercise Workout

Purpose: Training your muscles to work together and prepare them for daily tasks by performing common movements in the gym.

Target Muscles: Total Body

How it Works: Slow down each exercise and focus on technique and form to prevent injury. Complete each exercise for one minute with a 30 second rest in between. Complete 2 to 3 sets.



1. **Squat:** Stand with your feet shoulder-width apart and toes facing forward. Keeping your chest lifted and maintaining a neutral spine, engage your abs and push your the hips back and down as though sitting onto a chair. Press through your heels engaging your glutes to return to the start position.



2. **Lunge:** Stand with your feet shoulder-width apart. Keeping your chest lifted and core engaged, take an step forward and drop your hips down until your thigh is parallel to the floor and your knee is directly above the ankle. Press through your heel to return back to the start position. Repeat on the other leg.



3. **Push Up:** Place your hands directly under your shoulders. Keeping your body aligned from your head to your heels, lower your chest down until you reach a 90-degree bend in both elbows. Continue to maintain alignment throughout the body and push yourself up to the start position. (Modification: Perform push up on knees, while maintaining head-to-toe alignment.)



4. **Plank:** Place your elbows directly under your shoulders. Lift your hips until they are aligned with your head and toes. Stabilize your body by engaging your core and squeezing your glutes. (Modification: Perform plank on knees, while maintaining head-to-toe alignment.)



From Corporate Fitness Works Team Leader, Becky McGraw

Corporate Fitness Works, Inc.