

WARM UP

Full Body Breathing

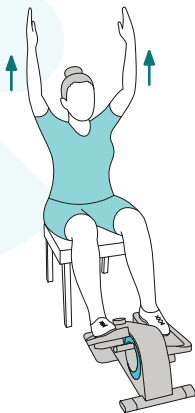
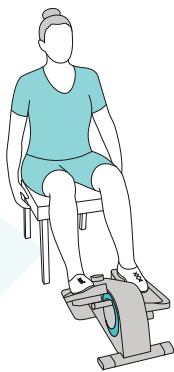
Where you feel it: Torso

C Slowly pedal with your elliptical on light resistance (Level 1 or 2).

1 Inhale for a count of 5, sitting up tall and letting your breath lift your ribcage.

2 Exhale for a count of 5, relaxing the shoulders.

3 TRY THIS!
Repeat 3-5 times, and if you'd like -add in the arms! Lift your arms as you inhale, and lower them as you exhale.



WARM UP

Shoulder Shrugs

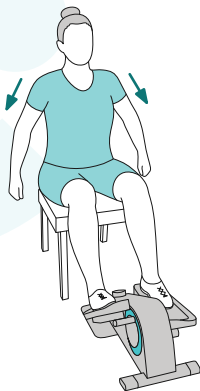
Where you feel it: Neck & Shoulders

- C** Slowly pedal with your elliptical on light resistance (Level 1 or 2).

- 1** Lift your shoulders upward toward your ears and hold as you inhale.

- 2** Gradually relax your shoulders and hold as you exhale.

- 3** **TRY THIS!**
Repeat 5-10 times



WARM UP

Neck Rotation

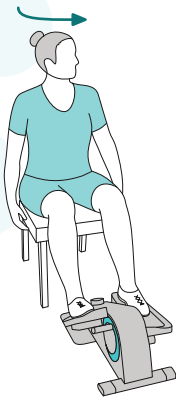
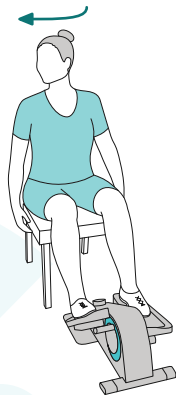
Where you feel it: Neck & Shoulders

C Slowly pedal with your elliptical on light resistance (Level 1 or 2).

1 Make sure you are seated with good posture and engaging your core.

2 Keeping your torso facing forward, slowly turn your head to the side. Hold for 3 full rotations on your elliptical, then face forward.

3 TRY THIS!
Repeat 3 times for each side, or until your neck feels looser.

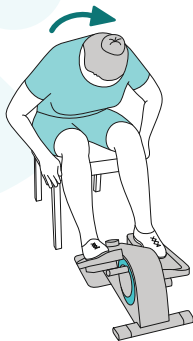
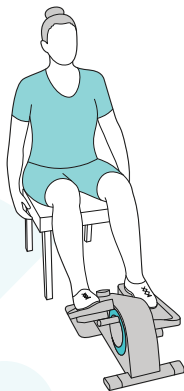


WARM UP

Spine Stretch

Where you feel it: Back

- C** Place your feet on either side of your elliptical or on the pedals, but keep your legs still.
- 1** Sit up tall and grip the sides of your chair for support.
- 2** Bend your elbows to round your back, leaning forward until you feel the stretch in your mid and lower back. Lower your neck slightly as if taking a bow.
- 3** Straighten your elbows to come out of the stretch.
- 4** **TRY THIS!**
Repeat 5 times



WARM UP

Torso Rotation

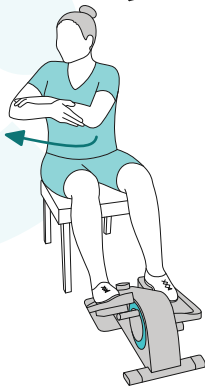
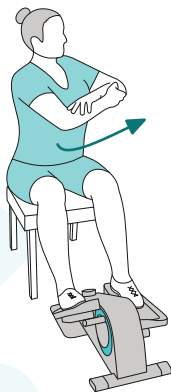
Where you feel it: Torso

C Place your feet on either side of your elliptical or on the pedals, but keep your legs still.

1 Sit up tall, and grip both elbows in front of you.

2 Rotate your torso three pulses to one side, rotating slightly further for each pulse.

3 **TRY THIS!**
Repeat 5-10 times for each side



Bicep Curls

Where you feel it: Biceps



C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

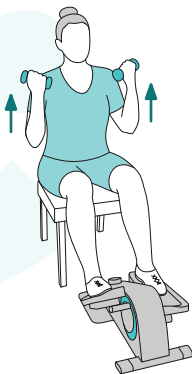
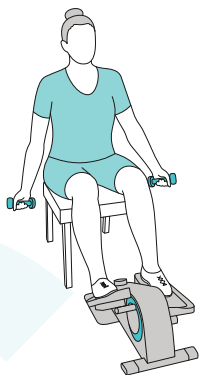
1 Start by extending your arms down and holding your weights by your sides. If your chair has large arms, hold your arms slightly in front of the chair.

2 Bend your elbows and bring the weights towards your shoulders. Your thumbs should face your shoulders.

3 Slowly lower your arms back down.

4 TRY THIS!

Repeat 10 times. For a challenge, hold both weights but only do one arm at a time, which requires the “resting” arm to stabilize your core.



Overhead Press

Where you feel it: Shoulders



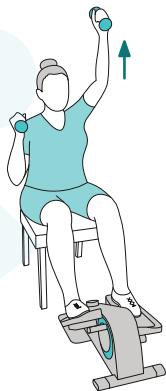
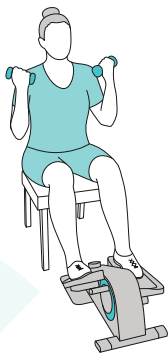
C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

1 Start by holding your weights by your shoulders. Make sure your shoulders are not scrunched up near your ears.

2 Extend one elbow overhead, lifting the weight above your shoulder.

3 Bend your elbow and bring the weight back to your shoulder.

4 **TRY THIS!** Repeat 10 times for each side. If you like multitasking, combine this with Bicep Curls! Start with a bicep curl, then extend the motion into a shoulder press.



Bicep Extension

Where you feel it: Biceps



C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

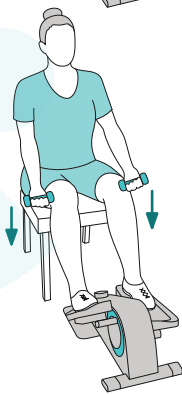
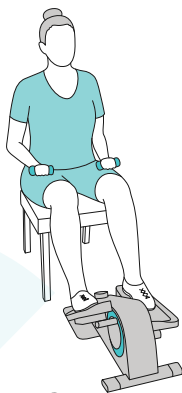
1 Sit up straight with your arms bent at 90 degrees and your palms facing up. Your hands should be a few inches over your thighs and your elbows should be tucked by your sides.

2 Without moving your shoulders, straighten your arms a few inches toward your knees.

3 Bend your elbows to return your arms to the starting position.

4 TRY THIS!

Complete 3 sets of 5. Add Bicep Extensions to the bottom of your Bicep Curls for an extra challenge!



Upright Row

Where you feel it: Shoulders & Arms



C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

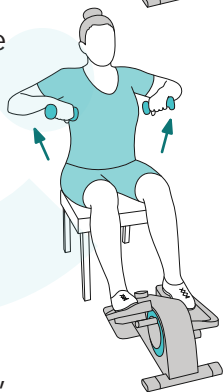
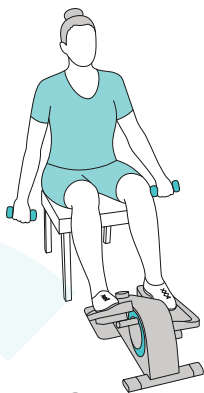
1 Start by extending your arms down and holding your weights by your sides. If your chair has large arms, hold your arms slightly in front of the chair.

2 Bend your elbows to bring the weights up to your armpits.

3 Slowly lower your arms back down.

4 TRY THIS!

Repeat 10 times. For a challenge, hold both weights but only do one arm at a time, which requires the “resting” arm to stabilize your core.



Leaning Row

Where you feel it: Upper Back



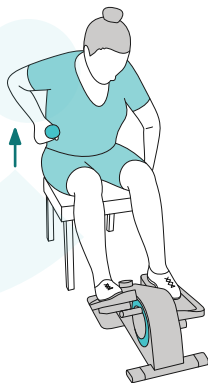
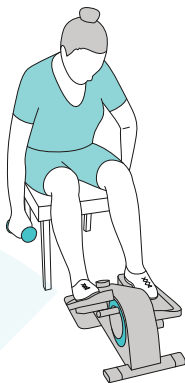
C Slowly pedal with your elliptical on moderate resistance (Level 3-5).

1 Hold the seat of your chair for support with one hand.

2 Lean forward and extend the other hand so that your weight is near your ankle. Bend your elbow to bring the weight up toward your chest.

3 Slowly lower your arms back down.

4 **TRY THIS!**
Repeat 10 times for each side.



UPPER BODY STRENGTH

Triceps Extension

Where you feel it: Triceps



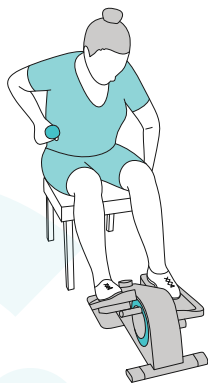
C Slowly pedal with your elliptical on moderate resistance (Level 3-5).

1 Hold the seat of your chair for support with one hand.

2 Lean forward and bend your other elbow toward the ceiling, holding the weight by your chest. Without moving your elbow, extend the arm backwards.

3 Return to the start position.

4 **TRY THIS!**
Repeat 10 times for each side.



UPPER BODY STRENGTH

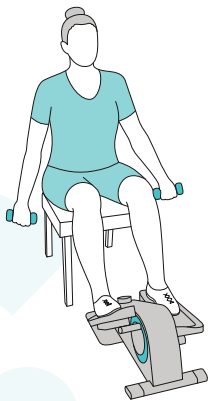
Fwd Lateral Raise

Where you feel it: Shoulders

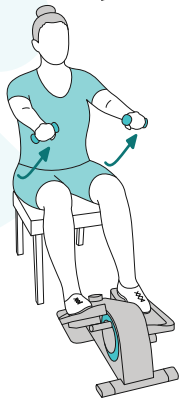


- C** Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

- 1** Keeping your arms straight, raise them in front of you until they are at shoulder level.



- 2** Lower your arms all the way down. Make sure to keep your arms straight the entire time.



- 3** **TRY THIS!**
Repeat 10 times

UPPER BODY STRENGTH

Side Lateral Raise

Where you feel it: Shoulders



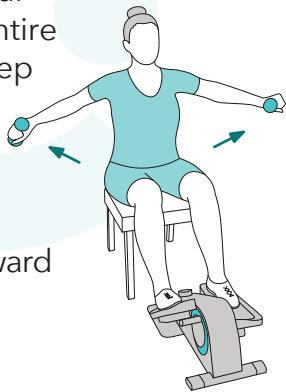
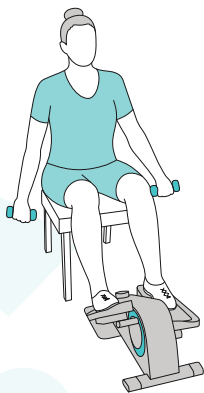
C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

1 Keeping your arms straight, raise them to your sides until they are at shoulder level.

2 Lower your arms as far down as you can. If your chair has arms, keep your arms above them the entire time, making sure to keep your arms straight.

3 **TRY THIS!**

Repeat 10 times. For a challenge, alternate Forward and Side Lateral Raises, completing 2 sets of 5.



CORE STRENGTH

Twist

Where you feel it: Core



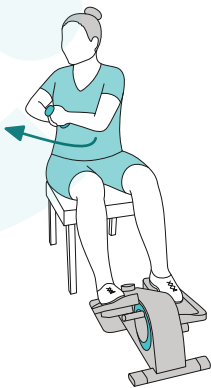
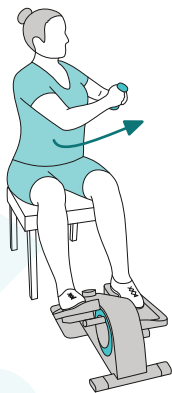
C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

1 Sit up straight with your shoulders back and hold one weight between your hands.

2 Tighten your core and turn your torso to the side, keeping the weight by your belly button.

3 Turn your torso to the other side.

4 TRY THIS! Turn from side-to-side without pausing until you have turned to each side 5 times. Repeat.



UPPER BODY STRENGTH

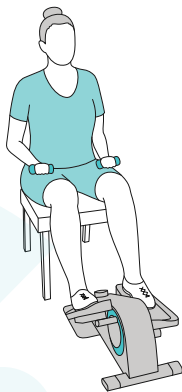
Low Windshield Wiper

Where you feel it: Chest & Biceps



C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

1 Sit up straight with your arms bent at 90 degrees and your palms facing up. Your hands should be a few inches over your thighs and your elbows should be tucked by your sides.



2 Without moving your shoulders, rotate your hands outward about 45 degrees.



3 Rotate your hands back to the starting position.

4 TRY THIS!
Repeat 10 times