
Squat and Press

- Curl and position the dumbbells up on the shoulders, have the palms facing each other
- Hip hinge (push the hips back), initiating the movement from the hips, and bend the knees until the thighs are parallel to the floor
- Keep the core engaged, chest up, head looking forward and slightly down
- Keep the dumbbells positioned by the shoulders
- Extend through the knees and hips and stand. When you reach full extension, push the dumbbells overhead, keeping the palms facing each other
- Keep the core engaged, neutral spine.
- Slowly lower the dumbbells to the start and repeat

Lying to Stand

- Lying down on the floor (face up)
- Arms down by your side, legs stretched out in front, engage your core
- Now stand up, you can place your hands on the floor to help you
- Push up through the legs, extending through the hips and shoulders
- Stand up until legs are almost straight, with a slight bend at the knees
- Sit lye back down, shoulder blades must touch the floor and legs straight
- Repeat for desired number of repetitions

