



JULY WORKOUT OF THE MONTH

"MIGHTY MO"

How Do I Perform My Exercise

Muscle: Abdominals/Rectus Abdominis

Exercise: Crunches

Lie supine on mat with lower legs on bench. Place hands behind neck or head. Flex waist to raise upper torso from mat. Keep low back on mat and raise torso up as high as possible. Return until back of shoulders contact mat. Repeat.

Muscle: Quadriceps/ Rectus Femoris

Exercise: Leg Press

Sit on machine with back on padded support. Place feet on platform. Grasp handles to sides. Push platform away by extending knees and hips. Return and repeat.

Muscle: Calves/Gastrocnemius

Exercise: Calves Raises

Position toes and balls of feet on calf block with arches and heels extending off. Place hand on support for balance. Raise heels by extending ankles as high as possible. Lower heels by bending ankles until calves are stretched. Repeat.

Reference

www.exrx.net