

CHI WORKOUT

HOME WORKOUTS – Full Body Dumbbells with Kacee

Complete 5 rounds with 10 reps of each exercise

Goblet squat

Shoulder press

Chest press

Bicep curls

Alternating lunges

1 minute Plank



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DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.