

# x 10 of 3 power exercises

<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>
<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>	<p><b>10</b> Repetitions</p> <p>1. exercise ✓ 2. exercise ✓ 3. exercise ✓</p>

## 1. EXERCISE: TRUSTERS



## 2. EXERCISE: BACK EKSTENSIONS



## 3. EXERCISE: SHOULDER PRESS



# 1. EXERCISE: THRUSTERS



## WHY?

Thrusters are a full-body exercise. You engage your legs, glutes, core, and shoulders.

## HOW?



Sit down as if you're about to sit on a chair.



Stand up and press an object overhead.



Lower your arms and repeat the exercise from the beginning.

## 2. EXERCISE: BACK EXTENSIONS



### WHY?

You activate the muscles in the lower back and achieve a stretch in the front, which tends to be hunched over during sedentary work.

### HOW?



Stand with shoulder-width distance between your feet.



Lengthen your neck and engage your core.



Lean back while looking up and then come forward again.

## 3. EXERCISE: SHOULDER PRESS



### WHY?

You loosen up the muscles around your neck, shoulders, and back.

### HOW?



Stand with palms facing forward and elbows out to the sides.



Press the arms up while keeping the elbows out to the sides.



Lower the arms again.