

Motion Zone: Bringing In Groceries

Upright Row

Get two grocery bags of similar weight.
Keep your stomach in and lift your chest.
Raise your arms and bend your elbows parallel to the floor.
Lower back down.
Repeat 12-15 times.

Lateral Raise

Start with your elbows tucked in.
Lift your chest and pull in your stomach.
Raise your arms and elbows until they are parallel to the floor.
Lower back down.
Repeat 12-15 times.

Front Raise

Keep your arms straight.
Lift your chest and pull in your stomach.
Raise your arms in front of you until they are parallel to the floor.
Lower back down.
Repeat 12-15 times.

