

Virtual Shoveling



- Stand in front of a chair with your feet shoulder width apart, holding a weighted bar (or even a shovel) at one end with the far end at one side of the chair
- Bend slightly at your knees and tighten your abs to protect your back
- Raise the bar/shovel up and over the chair, using your legs and arms to complete the motion
- Return the bar/shovel to the other side of the chair by moving it up and over. This completes one repetition
- Keep your abs tight and your posture tall to protect your lower back
- This is much more challenging than it sounds. Just like shoveling snow, this is an exercise that challenges your entire body in both strength and endurance. Start slow and don't try to do the exercise too quickly.

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions on each side, or walking with the weight for repetitions of 10-15 seconds each

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
