

# The “Get Stronger” Workout

## Squats



- Shoulder-width stance.
- Lower your hips; keep your back straight and knees over toes.
- Stay in a pain free range.

**10 repetitions: 3 sets**

## Side Lunge



- Shoulder-width stance.
- Take a sidestep, shift weight onto that leg as the knee bends.
- Return to the starting position.

**10 repetitions each side: 3 sets**

## Bridge



- Lie on back with knees bent.
- Engage core and glute muscles, raise hips towards ceiling.
- Slowly lower and repeat.

**10 repetitions: 3 sets**

## Push Ups



- Start by laying on your stomach, hands beside your shoulders.
- Engage core muscles, raise body off floor by straightening your elbows
- Slowly bend elbows and lower back to the floor.

**10 repetitions: 3 sets**

## Bird Dog



- Begin on hands and knees.
- Engage core muscles, raise one arm and the opposite leg.
- Lower arm and leg and switch sides.

**10 repetitions each side: 3 sets**

## Plank



- Begin on hands and knees.
- Lower to your elbows and extend legs, propping on forearms and toes.
- Keep core engaged, maintain a straight line with body

**Hold for 30 seconds: 3 sets**

### Strength training has many benefits:

- Lifting weights can be a great way to improve overall strength and bone health, but that's not all it does!
- Strength training can shift your body composition by increasing muscle mass and reducing body fat.
- In addition to the physical benefits, strength training may also decrease anxiety and improve mood, memory, and the ability to focus.

For more information about this workout program, contact Fit for Life: 442-3145.

**GENERAL DYNAMICS**  
Bath Iron Works

