

Welcome to your Workout of the Week! Folsom Physical Therapy will demonstrate this month's exercises.

Justin Luz, Senior Physical Therapist, and Tiffany Yu, Senior Physical Therapist, will go over exercises they feel are essential in the workplace.

Justin has been a Physical Therapist for 5 years and has been with Kaiser Permanente for 4 years. He loves to lift weights, mountain bike, and play in-door soccer. In his spare time, he enjoys spending time with his 3 sons.

Tiffany has been a Physical Therapist for 10 years and has been with Kaiser Permanente for 4 years. She loves exercising and has recently developed a passion for bodyweight, mobility, and calisthenic exercises.

Exercise: Bodyweight Squat

How to perform: Place your feet shoulder width apart with your toes facing away from you. Inhale, push your hips back and lower your thighs parallel to the ground. Keep your spine straight and chest lifted. Exhale, stand up tall and return your body to starting position.

Duration: Perform for 8 repetitions multiple times throughout the day.

