

**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:** Standing W holds

**How to perform:**

- **Setup:** Begin standing upright with your elbows bent to 90 degrees.
- **Movement:** Slowly rotate your arms outward as you squeeze your shoulder blades downward and together. Hold briefly, then return to the starting position and repeat.
- **Tip:** Make sure to maintain a gentle chin tuck and do not shrug your shoulders during the exercise.

**Duration:** Perform 1 set for 5 reps (5 sec hold) for 3x per day.

