

Exercise Move of the Month



Lateral Raise Torso Turn

Strengthen your arm and stomach muscles. Hold cans as weights by your side and raise up so that your wrist lines up with your shoulder.

Holding the weights there, turn your torso to the right. Return to center and lower the cans. Raise the weights again and turn your torso to the left. Repeat 12 times on each side for a total of 24 reps.