

Move of the Month

Karate Kid “Wax on, Wax off”



SALLY HOGARTY

Targets shoulders, back, triceps, core, and glutes.

Start in push up position (hands under shoulders, back straight, abs engaged) with a towel under each palm. Keep body still, circle right arm clockwise (wax on) and then counter clockwise (wax off). Repeat on the left. Perform 3 sets of 16, each rep on each hand is counted as one.

Courtesy of Living Lean (925) 360-7051.