Title: Standing Rest / Water Break

Primary Muscle Groups:

Secondary Muscle Groups:

Summary: <ul>

<li style="font-weight: 400;"><span style="font-weight: 400;">Between exercises, do not sit or lie down. Stand straight up and maintain proper form. Your chest should be up. Your lower back should be flat. Do not allow your shoulders to hunch.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Take periodic sips of water or a sports beverage. Do not chug or drink too much too fast.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand in this position for your prescribed rest break then begin your next exercise.</span></li>

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