

**FRENCH
DOOR**

10S RESET IN BETWEEN MOVES

16 ALTERNATING REPS

15S BOTH ARM HOLD OUTWARD

10 REPS RIGHT ARM, LEFT ARM HOLDS

10 REPS LEFT ARM, RIGHT ARM HOLDS

15S BOTH ARM HOLD OUTWARD

16 ALTERNATING REPS

REPEAT THIS SET 3X EVERYDAY!

UP TO 5LB WEIGHTS

FRENCH DOOR

HOW TO BE FRENCH DOOR PROPERLY

- THIS EXERCISE CAN BE DONE TWO WAYS-
 1. ARMS BENT AT 90 AT YOUR HIPS ROTATING YOUR ARMS OUTWARD NEVER LOSING THE 90 POSITION
 2. ARMS RAISED AT SHOULDER HEIGHTS BENT AT 90 ROTATING YOUR ARMS OUTWARD NEVER LOSING THE 90 POSITION
- DO NOT RUSH YOUR REPS, MOVING SLOWLY AND PURPOSEFULLY WILL BE VERY EFFECTIVE. TUCK HIPS UNDER AND ENGAGE YOUR CORE
- BIG EXHALE ON YOUR WAY OUT, NICE INHALE THROUGH THE NOSE ON YOUR WAY IN.

SEND MESSAGES WITH QUESTIONS!!!