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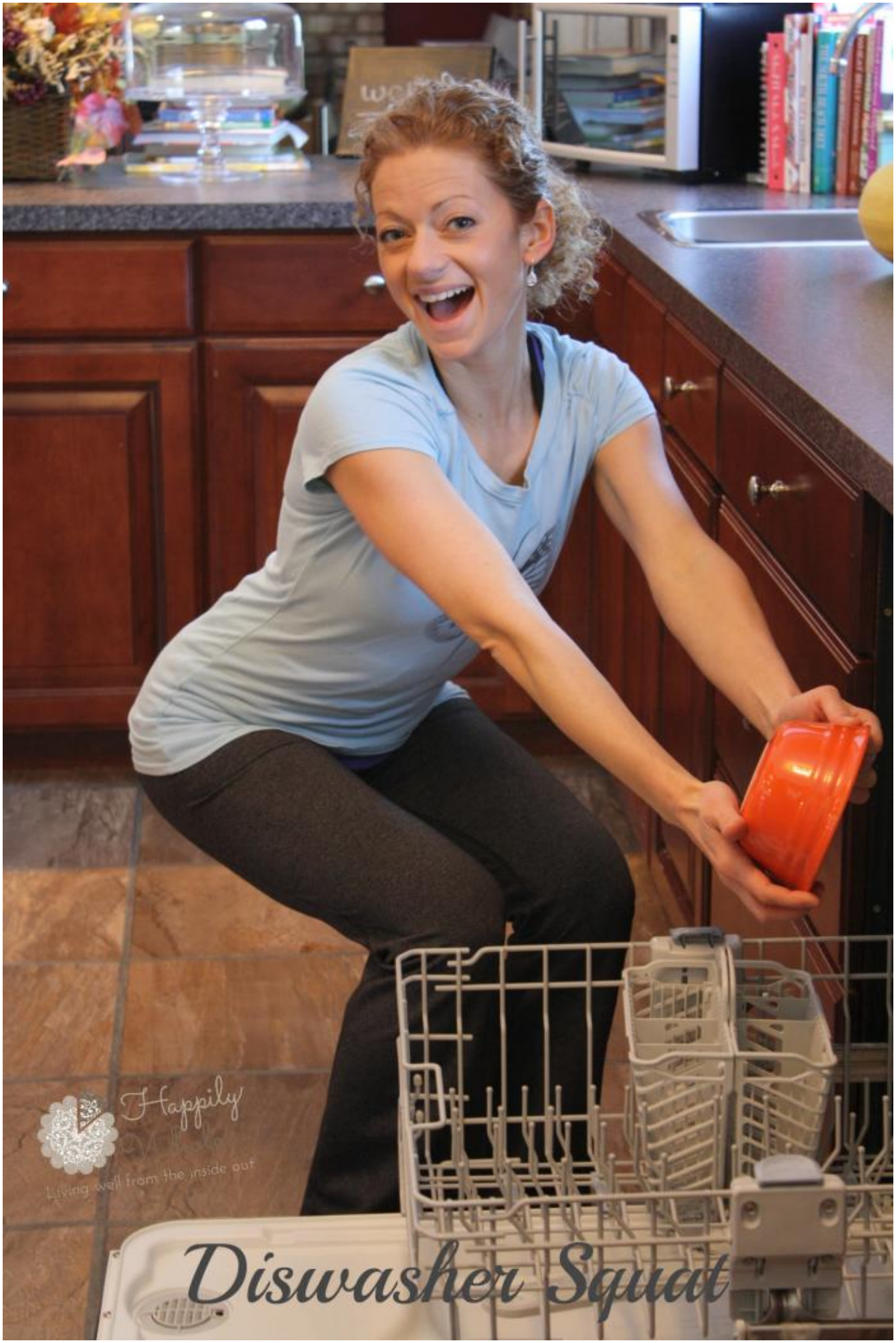
Cookin' Up Some Muscle!

March 3, 2014, written by katie

Ever have one of those days where your grand plans to workout get pushed aside by LIFE? Save this workout for just those kind of days. Don't laugh! There are some really good ideas here if you can get over the silliness or self-consciousness.

Plus, this is one time I'd advise putting those womanly multi-tasking skills to use. Who knew meal-making also offered an unconventional, yet great, way to move, groove and tone up a little at the end of the day.

So, here it goes....just when you thought you had an excuse!


Happily
Living well from the inside out
Diswasher Squat

Dishwasher squat


welcome
Happily
Living well from the inside out
Cabinet Calf Raise

Cabinet Calf Raise


Happy Body Whole
Living well from the inside out
Countertop Push-up

Countertop Push_up



Countertop Push_up_2


Happily Whole
Living well from the inside out
Stove Lunge

Stove Lunge


Happily Whole
Living well from the inside out
Pot Curls Step 1

Pot Curl S1


Happily Whole
Living well from the inside out
Pot Curls Step 2

Pot Curl Step 2



Clean Up Hip Opener



Unwind

Warm-Up

Cue your favorite upbeat cooking or clean-up tunes....and turn them up. Since, we are guessing after a long busy day your muscles haven't had a chance to get cold, jump right in and get cookin'!

Workout Set

Exercise	Description	Sets	Reps	Tempo
Dishwasher Squats	Every time you pick up a dish, don't bend at the waist. Instead do a squat! Simply push your tail bone back, lower down like you're sitting in a chair. Keep your weight in your heels. As you raise up to put the dish away, squeeze your glutes.	2	10	
Cabinet Calf Raise	Don't just reach up for a dish, get on your toes and fire your calf muscles. But don't forget to support your midsection by having strong abdominal and back muscles while you reach overhead.	2	10	

Exercise	Description	Sets	Reps	Tempo
Counter Top Push-ups	Reading over your MissFIT recipe? Get in some push-ups while you ponder what to make. Keep your back, hips and ankles all in alignment while you lower your chest to the counter.	2	10	
Stove Lunges	Standing at the stove can be such a waste of time. Add a lunge to your stirring. Feel the burn in your legs not your meal. Keep your chest up and lower your back leg toward the floor	2	10	
Pot Curls	Put that heavy pot to work. With your elbows into your sides, curl the pot.	2	10	
Clean up Hip Openers	Don't just stand and do dishes. You worked hard today. With good upper body posture, open and close your hip joint with this simple move. Bring your knee up in front of you, now simply open your hip by moving your leg out to the side.	2	10	

Cool Down

Celebrate that you did not let your workout get pushed aside today. Finish it off with a heart healthy glass of red wine!

Tip to Progress

Add some additional movement to your exercise. Try walking lunges, balance on one leg while curling the pot, add a arm raise and twist to your counter push-up!

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