

## ZACH BUSH MD - 4 Minute Workout

Check your position and your feet they should be parallel toes pointing forward heels behind those.

Your feet should be about shoulder-width apart.

**Let's start!**

### 1. Squat (10 squats per set)

A good squat is your butt going back it's like sitting in a chair.

It's not just a simple knee bend. You're really going back which means your arms have to come out to balance as your weight shift backward.



### 2. Arm Swing (10 arm swing per set)

Just a simple 90-degree arm swing to start and that 90 degrees is gonna take you through a number of muscles up in the deltoids in the back and the shoulder.

90 degrees stop it at the endpoints.



### 3. Big Circle (10 Big Circle per set)

You're gonna click at the front. Click at the top. If you really want that full-motion we're getting the whole rotation of the shoulder in there so click at the front, click at the top. Get through that motion.



**Reminder:** If it's too painful for you to do this motion whether you have a rotator cuff tear, a little bit of a frozen shoulder then just come the center reach up the center, reach up the center over the top and then break the arms apart so it's almost like you're doing the breaststroke to the water.



#### 4. Straight Over the Head (10 straight over the head per set)



*Relax and shake it out and feel your fingertips. You'll feel a little tingling and a little puffy over the next 20 seconds there's that nitric oxide. You're dilating all those blood vessels oxygenating everything for your brain to the kidneys to everything else in your body and you're building muscle for the next couple hours.*

*Repeat this 3 times a day. Total change and your metabolism muscle for strengthening and maintaining that lean muscle change the number of calories you burn sitting still.*

*It's an exciting shift in our concept of exercise get after it. Integrated into your lifestyle and enjoy the results. - Zach Bush*