

Caption 1:

Exercising after working from 9-5 is TOUGH... 😞

The LAST thing you want to do is go to the gym... 🧑

That's because sitting ALL DAY has given you so much brain fog that ANY exercise seems impossible!

Simple exercises like Overhead Cable Extensions clear brain fog and BOOST your energy!

So, if you're ready to take control of your body and mind, fill out the survey above and we'll create a program that works for you!!

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Try this workout: **Overhead Cable Extensions - 4 sets to failure.** Start light, then push yourself harder each set!

#fitnessjourney  
#fitnessgoals  
#noexcuses  
#worklifebalance  
#healthyhabits  
#fitlife  
#wellnesswednesday  
#fitnessmotivation  
#activelifestyle  
#healthandwellness

### **Caption 2:**

Did you know that **1 in 4** Americans sit more than **6 hours** a day?

Not only do you risk developing conditions, like diabetes or chronic back pain, handling your daily routine is also affected! 😬

To make sure that's NOT you, do some **simple** sets of Overhead Cable Extensions. **Why?**

Because 1) you're strengthening your tricep muscles, and 2) you're also tightening your abs which combat the issues that come from sitting ALL day!

So, don't let your day end on the couch! ❌... Fill out the survey above, so we can get that dream body of yours!

And if you found this helpful, make sure to **LIKE** 👉 **SAVE** 👉 **SHARE**, to help others out! And I'd love to know how YOU keep your energy up during the week! 🙌

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