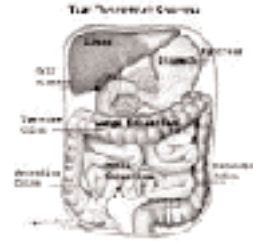


MIDDLESEX/MONMOUTH GASTROENTEROLOGY

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Gall Bladder Disease Peptic Ulcers Liver Disease
Constipation Diarrhea Colon Cancer Screening



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Move of the month

NAME OF EXERCISE: single-leg row

DIFFICULTY LEVEL: advanced

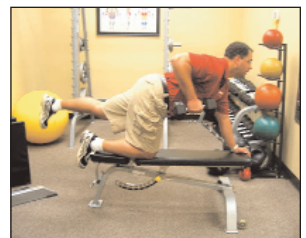
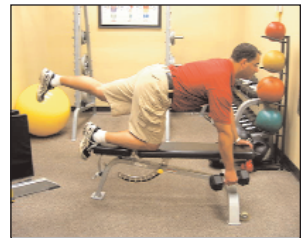
EQUIPMENT: exercise bench, dumbbell (select a weight that is appropriate for your fitness level).

BENEFIT: This exercise works the muscles in the back (latissimus dorsi), butt (gluteus maximum and medius) and the upper front arm (biceps).

PROGRESSION: Do two to three sets of eight to 12 reps. Once you learn the form of the exercise gradually increase the weight and perform an additional set.

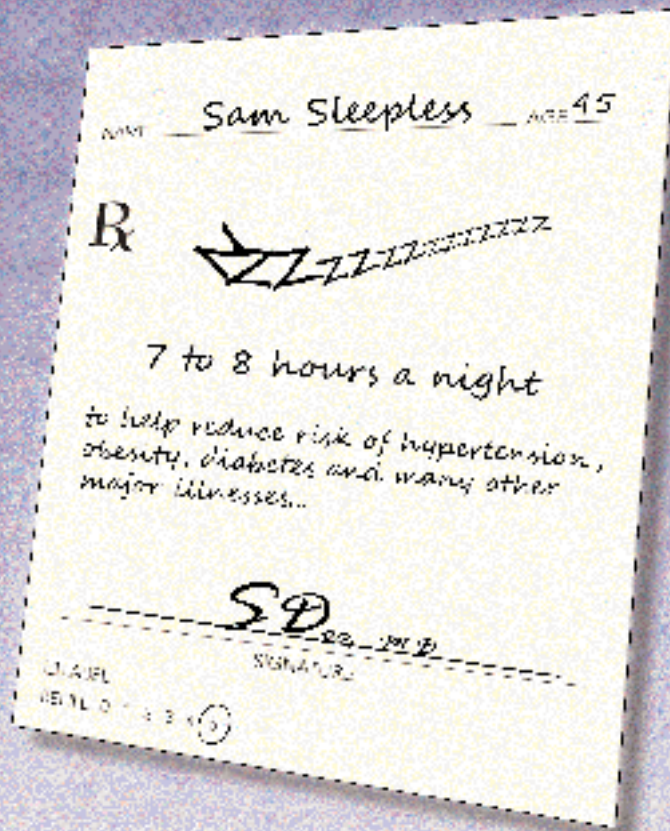
DESCRIPTION OF THE MOVEMENT:

- Grab a dumbbell with your right hand and kneel on an exercise bench.
- Bend forward from the hips, and place your left hand on the bench for support, allowing your right hand holding the dumbbell to hang straight down.
- Raise your left leg until its parallel to the floor.
- Exhale, flex the right elbow and row the dumbbell toward your rib cage.
- Repeat this movement for desired number of repetitions, then switch sides.



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WAYNE'S TIP: During this particular exercise keep your spine in neutral alignment as you lean forward from your waist. Keep your abdominals tight during the movement to avoid rounding in your back.

This exercise is being demonstrated by Wayne Matus, owner of Fitness Together Freehold, a private personal training studio. For more information, call 732-431-5555 or visit www.ftfreehold.com.