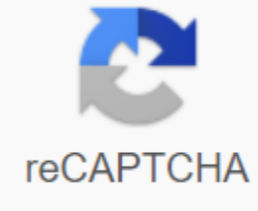




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Copper co snow report

When you add them to your routine, eight to 12 representatives of each move recommend Dobrosielsky. But even any of these moves will have a set of 15 reps worth once per week, he says. If you're shoveling the ice properly, you'll work on your glutes, hamstrings, quads, abs, low backs, upper backs and shoulders. It's the absolute best workout, Lovitt says. Once you get into the swing of things and nail your form, you can really start to make it to a double duty chore and fitness factor. Each shovel of lung or ice sits in, Lovitt says. If you're feeling ambitious you can also take a pile of snow down the route to take extra steps. A warning: If you are recovering from a heart attack or known risk factors for heart disease, do not shovel the ice without approval from your doctor. doctor.

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