



NO GYM? NO PROBLEM!

Employee Stories

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I have always tried to live an active lifestyle. I've been attending UD employee fitness classes for years while also keeping active at home. When the pandemic hit, I was determined to get my daily workouts in, knowing that I would have to change the way I did them since we were no longer able to be at CSB and utilize the equipment. I was excited when I was able to do live workouts, with the instructors I love, and, also be able to use the recorded sessions in between.

At some point, I made a comment to my husband about doing my BODYPUMP workouts with only dumbbells, wishing I had something heavier to use for certain moves. Next thing I know, I have my home-made barbell. My husband made it out of a wooden rod and weights from an old weight machine (we got rid of the machine a long time ago, but he kept the weights). So, now I have my own barbell, which has approximately 24 lbs. of weight. I only use it for certain moves and then will use my dumbbells for everything else. It works great!