

# My Weekday Workout During COVID19: Smith Buss & Jacob's Ken Jacobs

"I sit during the day! I need a strong core and strong lower and upper back to avoid back pain. I'm not trying to be a bodybuilder, just stay fit."

By **Tasha Norman** | October 16, 2020



**Ken Jacobs, Smith Buss & Jacobs, Yonkers, N.Y.**

Ken Jacobs is a partner at the firm and focuses on commercial real estate and condominium and cooperative law.

**How often during the week do you work out?** 2x a week.



Ken Jacobs.

**In what ways have you changed your routine during the COVID-19 crisis?** OMG. I had to work at home for 3-4 months, and never took breaks. I'm ashamed to say that I didn't work out nearly as much as I had been – once a week. I need the motivation of going to a gym, so I called my trainer and he's been pushing me to do more. Also, I've taken dance lessons weekly (West Coast Swing – look it up) for years, but I had to stop early this year when my wife had her knee replaced. It's basic fitness. I've also tried to get some exercise in the "office", such as the miniTREAD. That would never have entered my mind a year ago, but now I make it part of my new routine since I don't need to designate special times to work out. It's just under my desk and I use it.

**What was your go-to routine?** Circuits of 10-12 reps for 3 exercises dealing with upper body, legs, core. E.g., back extensions, leg press, crunches; lat pulldowns,

seated row, rotations; chest press, Bulgarian squats, ab rollouts; etc. I have gotten stronger gradually. (I only have to impress my wife!).

**Why do you like this new routine?** I sit during the day! I need a strong core and strong lower and upper back to avoid back pain. I'm not trying to be a bodybuilder, just stay fit. I also use the [Onthemuv miniTREAD](#). I notice it for about the first 3 minutes, and then I start doing it unconsciously while I'm typing. It's a funny benefit of COVID – everyone is dressing more casually, so I wear more comfortable clothes and using it in the office is easy. I feel like I'm getting more exercise throughout the day.

**What does regular exercise do for you?** I have more energy! I also feel more confident physically and mentally. I feel readier to deal with solving problems because my body won't let me down. I also myself walking up steps instead of taking the elevator just because I can.

**How long have you been exercising regularly?** About 5-6 years.

**How do you get convince yourself to work out when you don't want to?** I work[ed] with a great trainer at the gym. Making and keeping an appointment gave me the motivation. He's been working with me at home now. Also, if I start with small goals I'm able to stretch them out, like 10 minutes on the elliptical could turn into 20-30.