Upper Body Workout

- **Push-Ups**: 10-20 reps - Modify as needed
- **Superman holds**: 10 reps, hold each rep for 5 secs
- **Triceps chair/couch dips**: 10 reps - use your chair or couch to perform the movement
- **Plank Tap Touches**: 10 taps on each shoulder with the opposite arm
- **Inchworms**: Walk out to plan, tip toe forward
- **Russian Twists**: 30sec - 1 min
- **Mountain Climbers**: 1 min
- **Elbow to Knee crunches**: 20 reps per side