

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