

UPPER

# WORKOUT

10  
MIN

## BODYWEIGHT

After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

## WARMUP

Up Dog to Child's Pose - 30 seconds  
Cat Cow - 30 seconds  
Trunk Rotations - 30 seconds  
Side Bends - 30 seconds  
Arm Circles (FWD/BWD) - 60 seconds

## WORKOUT

- Negative Pushup
- Pike Pushup
- L Sit
- Diamond Pushup
- Archer Pushup
- Chair Dips
- Decline Pushup
- Incline Pushup
- Seated Shoulder Press
- Pushup

