

UPPER

# WORKOUT

15  
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 15 minute workout. If time allows, repeat the WORKOUT for a 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

- Spiderman Pushup
- Sphinx to Plank
- Arm Circles (switch directions at 20 s)
- Under-the-Fence Pushup
- Bear Crawl
- Plank w/ Oblique Grab
- Superman Hold
- Chair Dips
- Wide Grip Pushup
- Hand Release Pushup
- Pull the Straps
- Crab Walk
- Pushup to One Arm Balance
- Plank Side Walk
- Negative Pushup

