

## UPPER BODY & AB WORKOUT

COMPLETE 5 ROUNDS OF THE FOLLOWING CIRCUIT:

EXERCISE	REPS	VIDEO LINK
SHOULDER TAPS	30 SECONDS	<a href="https://www.youtube.com/watch?v=Attn9cgii0">https://www.youtube.com/watch?v=Attn9cgii0</a>
PLANK JACKS	30 SECONDS	<a href="https://www.youtube.com/watch?v=mUj89VGtQ4M">https://www.youtube.com/watch?v=mUj89VGtQ4M</a>
STRAIGHT LEG TRICEP DIPS	30 SECONDS	<a href="https://www.youtube.com/watch?v=J24wf2MDUz8">https://www.youtube.com/watch?v=J24wf2MDUz8</a>

COMPLETE 5 ROUNDS OF THE FOLLOWING CIRCUIT:

EXERCISE	REPS	VIDEO LINK
PUNCHES	30 SECONDS	<a href="https://www.youtube.com/watch?v=gaYzTs-28hs">https://www.youtube.com/watch?v=gaYzTs-28hs</a>
WALK OUTS	30 SECONDS	<a href="https://www.youtube.com/watch?v=vLWhSuaCOl4">https://www.youtube.com/watch?v=vLWhSuaCOl4</a>
PUSH UPS	30 SECONDS	<a href="https://www.youtube.com/watch?v=Uld2OEnLOAA">https://www.youtube.com/watch?v=Uld2OEnLOAA</a>

COMPLETE 5 ROUNDS OF THE FOLLOWING CIRCUIT:

EXERCISE	REPS	VIDEO LINK
HIP RAISES	30 SECONDS	<a href="https://www.youtube.com/watch?v=c6Rv_i0-DMo">https://www.youtube.com/watch?v=c6Rv_i0-DMo</a>
BRIDGE	30 SECONDS	<a href="https://www.youtube.com/watch?v=Q-F7acBZMnQ">https://www.youtube.com/watch?v=Q-F7acBZMnQ</a>
BICYCLE CRUNCHES	30 SECONDS	<a href="https://www.youtube.com/watch?v=yujr2gOKqnc">https://www.youtube.com/watch?v=yujr2gOKqnc</a>