



# WORKOUT OF THE DAY



## “Upper Body Training”

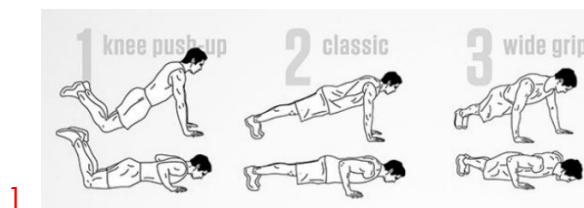
**What You’ll Need:** dumbbells, Floor mat.

**Recommendations:** Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

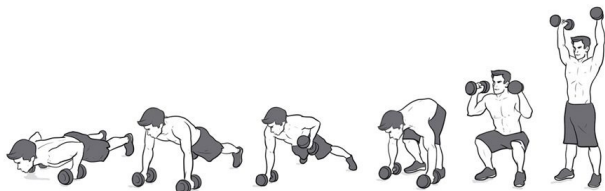
**Warm Up (2X):** Jumping Jacks front crossing ext. arms, walking lunges with torso rotation, Arms expansion, shoulder rotation, chest expansions alternating side and overhead extended arms, hips roll with arms circle. 20 to 30 seconds each exercise.

**Upper body Strength conditioning Training:** Complete 8 to 12 reps X 3 sets each exercise. 30 to 90 seconds rest in between sets completing 2 to 3 rounds. Modify adding or removing numbers of rounds/repetitions according to your fitness level.

**Exercises:** 1) Push up's variations Military 12 REPS – Wide hands 12 REPS – Staggered, 12 REPS

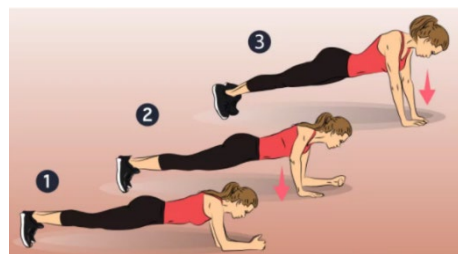


1



2) © William E. Morgan

Man maker thrusters



3)

Up down plank

**Cool Down:** Take a 5-minute easy walk and stretch Upper body muscle groups, holding each stretch for 12-20 seconds or use an easy yoga sequence focusing on upper body stretches.