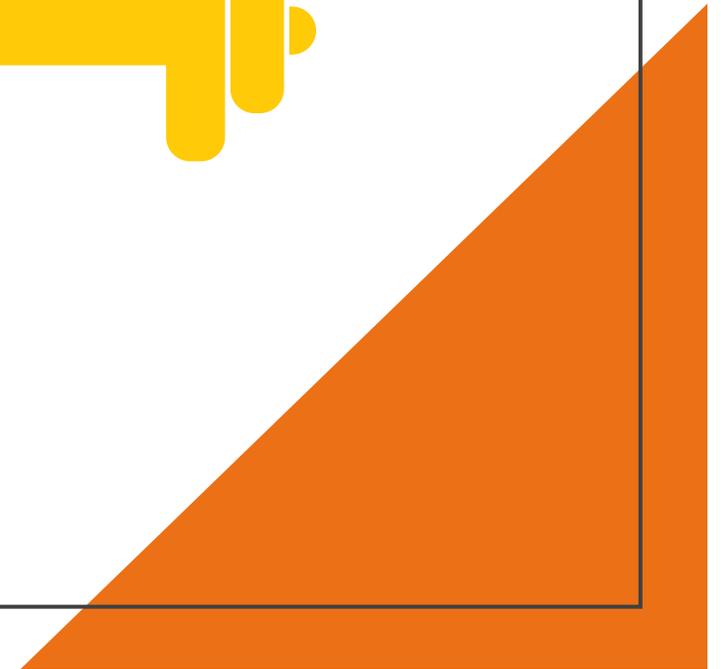
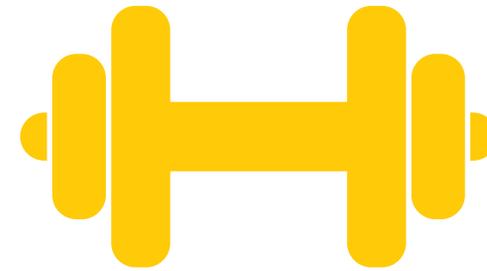


Workout of the Day

No Equipment: Upper Body



No Equipment: Upper Body

Round 1

- 20 Push-ups
- 20 Dips on Chair/Stair
- 20 Walk out to Side Plank
- 20 Shoulder Tap Push-ups

Break 30 Seconds

Round 2

- 20 Downward Dog Push-ups
- 20 Triceps Crab Dips
- 20 Shoulder Squeeze
- 20 Swimmers

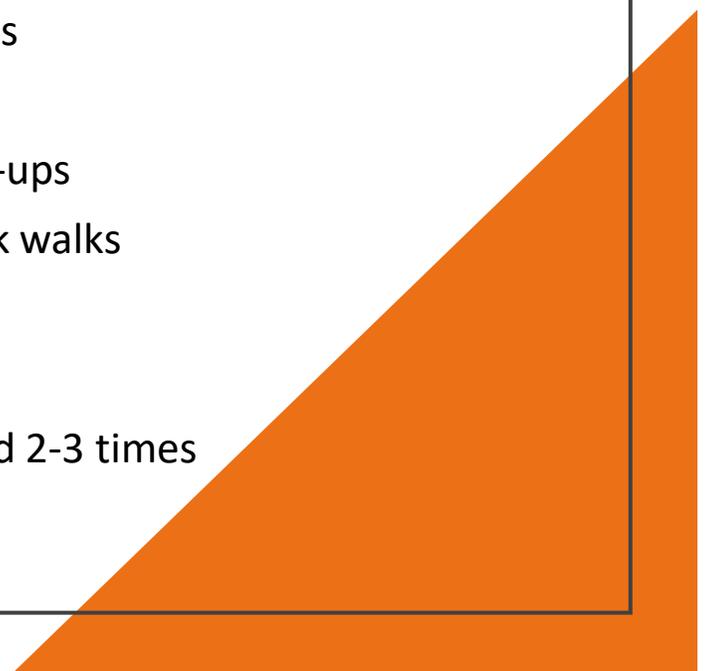
Break 30 Seconds

Round 3

- 20 Pike Push-ups
- 20 Superman's
- 20 Triceps Push-ups
- 20 Lateral Plank walks

Break 30 Seconds

Repeat Each Round 2-3 times

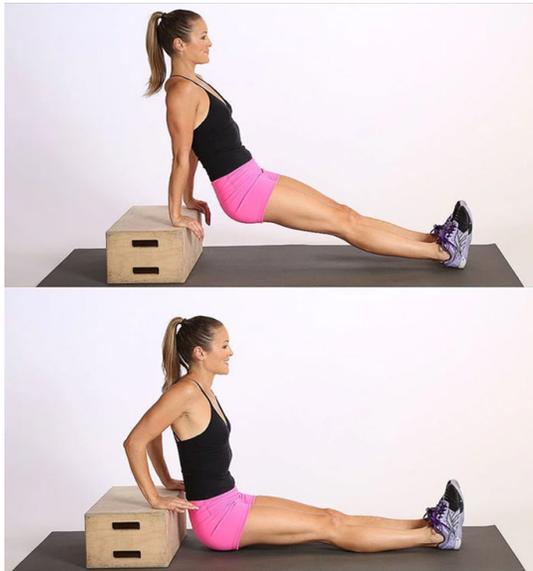


Push-ups



- Get down on all fours, placing your hands slightly wider than your shoulders.
- Straighten your arms and legs.
- Lower your body until your chest nearly touches the floor.
- Pause, then push yourself back up.
- Repeat.

Dips



- Position your hands shoulder width apart on the step.
- Move your booty in front of the bench with your legs out in front of you and feet placed about hip width apart on the floor.
- Straighten your arms, and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints.
- Now slowly bend at your elbows, and lower your upper body toward the floor until your arms are at about a 90-degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.

Walk out to Side Plank



- Stand at the end of your mat with your feet hip-distance apart, then bend forward to reach your hands to the mat in a forward fold (your knees may bend slightly). Walk your hands out about a foot at a time all the way out into a full plank position.
- Hold in the plank for a second or two, then twist to a full side plank on your hands, then rotate back to a regular plank.
- Walk your hands all the way back into your forward fold, then roll up, and repeat twisting to the other side. Complete 10 on each side.

Shoulder Tap Push-ups



- Begin in a plank position with hands directly under shoulders and feet hip-width apart. Keeping abdominals and legs tight as you slowly lower your chest toward the ground with elbows bending and pointing behind you.
- Exhale as you push back up to lengthen arms into plank then lift your right hand to tap your left shoulder at the top. Repeat with the other arm tapping.

Downward Dog Push-ups



- Come into a plank position on your hands, and have your weight in the balls of your feet. Lift your hips high to come into a downward dog position. You should feel a stretch in your hamstrings. Try to get your back as flat as possible.
- Shift your weight forward to bring your chest over your hands, into a plank, and hold for one second, with tight abs.
- Using your abs and your shoulders, lift your hips back up to your downward dog pose, and repeat.

Triceps Crab Dips



- Start seated with knees bent and feet on the floor. Place hands behind you, directly under the shoulders, with fingers facing your hips. Lift hips to a hover.
- Bend elbow straight back and use your triceps to press back up.

Shoulder Squeeze



- Come down onto your mat, laying on your stomach, and extend your arms out in front of you.
- Keep your abs tight as you slightly lift your arms and legs just a few inches off the mat.
- Squeeze the shoulder blades together as you pull your elbows down towards your waistline, and slightly lift your back into a small extension. Really think about creating resistance through your arms.

Swimmers



- Laying on your stomach, extend your arms out in front of you and your legs back behind you.
- Engage your abs, and lengthen through the crown of your head as you lift your RIGHT arm and LEFT leg up a few inches off the mat.
- Think of lengthening out through your fingers and toes, and then lower to repeat on the other side.

Pike Push-ups



- Get into plank position with your head, hips and heels in line. Lift your hips toward the sky and walk your hands toward your feet.
- When your torso is nearly vertical, place your hands wider than your shoulders and come up onto your toes, shifting your weight more into your hands, and focus on your toes to keep your head neutral.
- From here, bend your elbows and slowly lower your head toward the floor, as far as you can, then press back up to the start.

Superman's



- Lie down on stomach with arms and legs long. Draw abdominals up and away from the mat and pull shoulders down away from ears.
- Squeeze abs, back muscles and glutes to lift arms and legs off the mat. Release to start position with control.

Triceps Push-ups



- Start in a plank position with your hands shoulder width apart and directly under your shoulders.
- Keep your abs tight and lower down into a push up, making sure to keep your elbows in close by your waistline.
- Press through your palms to push up, making sure to keep your abs tight.
- **You can always lower down to your knees to modify.

Lateral Plank Walks



- Begin in plank position with your hands underneath your shoulders, and your body in one straight line.
- Simultaneously cross your right hand toward the left as you step your left foot out to the left. Then simultaneously step your left hand and right foot to the left, returning to the plank position. Your hands move together as your feet step apart. Take two more steps in this direction, keeping your abs pulled toward your spine and your pelvis level.
- Reverse directions taking three steps the right.