

**“Every storm runs out of rain”**

Friday - Upper Body

**Repeat exercises back to back for 20 minutes**

**1. Star Jumps/Jumping Jacks**

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

Complete for 45 seconds

**2. Jump Squats**

<https://www.youtube.com/watch?v=QQWsscOgGKU>

Repeat 20 times



**3. Push Up Rotation**

<https://www.youtube.com/watch?v=YU0gWh72a3k>

Repeat 5 times on each time



**4. Plank Up Downs**

<https://www.youtube.com/watch?v=L4oFJRDAU4Q>

Repeat 20 times



5. Walk Outs

<https://www.youtube.com/watch?v=R6SMJ-TzgZo>

Repeat 15 times



6. V Ups

<https://www.youtube.com/watch?v=iP2fjvG0g3w>

Repeat 15 times

