

“Out of adversity, comes opportunity!”

Tuesday and Friday - *Upper Body*

Repeat exercises back to back for 20 minutes

1. Star Jumps/Jumping Jacks

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

Repeat 15 times

2. Burpess

<https://www.youtube.com/watch?v=dZgVxmf6jka>

Repeat 10 times



3. Push Up Rotation

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

Repeat 5 times on each side



4. Single Leg Bridging

<https://www.youtube.com/watch?v=oGZcBf8KIK8>

Repeat 10 times on each leg



Dingwall ASC

Dryland Training

5. Plank with Arm Raise

https://www.youtube.com/watch?v=a1_fRyavWdA

Repeat 15 times with each arm

