



## Workout #2 by Ariana: Upper Body

### The Warm-Up

- Reverse Lunge w Twist x 30 sec
- Walking Frankenstein's x 15 reps
- High Knees or March in Place x 30 sec
- Push Ups x 30 sec
- Mountain Climbers x 30sec
- Jump Squats x 10 reps

### The Workout

*Perform each exercises for 35 sec*

*Repeat the circuit 3 to 4 times*

- Prayer Pulse
- Tricep Pushups
- Plank Shoulder Taps
- Upright Pulse
- Superman with Arm Extension
- Lateral Plank Walks
- Oil Rigger
- Lateral Shoot Throughs

### The Cool-Down

- Marching in Place x 45 sec
- Shoulder Stretch x 30 sec
- Tricep Stretch x 30 sec
- Bicep Stretch x 30 sec
- Spine mobility Stretch x 30 sec
- Bent Arm Wall Stretch x 30sec
- Behind the Back Elbow-Elbow Grip x 30sec
- Seated Twist x 30 sec