

Upper Body Workouts

Warm up:

10 Popjacks

5 burpees

5 pushups

10 arm circle rotations

10 neck circle rotations

Cool Down:

Across the body shoulder stretch

Chest stretch

Tricep stretch

Bicep stretch

Workout 1:

Every minute on the minute(EMOM)

14 pushups

- To make this workout easier: do pushups from the knees
- To make this workout harder: add weighted vest

Workout 2:

4 rounds:

10 pushups

8 tricep pushups

6 bent over shoulder pushes

1 minute high plank hold

- To make this workout harder: add weighted vest, elevate legs during shoulder pushes, 1 minute handstand hold

Workout 3:

3 rounds

- 10 burpees
- 20 laying down behind the back claps
- 10 each arm to opposite shoulder via plank
- 10 shoulder release pushups

Workout 4:

5 rounds

- 5 pushups
- 30 second plank
- 5 pushups
- 30 second plank
- 5 burpees
- 30 seconds rest

Workout 5:

3 rounds

- 20 punches
- 20 Superman's
- 20 Wall Arm Slides
- 20 Forward bends
- 10 Tricep dips