Let’s really continue to build that upper-body strength. Even at the point when you think you can’t go on, push through! Yes, you’ll ache tomorrow; but you’ll grow back stronger for it!

**Jumping Jacks**
- 8 sets
- 20 secs
- 10 sec rest

Tabata 1: Get that body moving!

**Plank Knee to Elbow**
- 8 sets
- 20 secs
- 10 sec rest

Tabata 2: Alternate legs between every rep!

**Power Skips**
- 8 sets
- 20 secs
- 10 sec rest

Tabata 3: Try to use your arms for momentum as much as you can!

**Shadow Boxing**
- 8 sets
- 20 secs
- 10 sec rest

Tabata 4: Gradually build up the intensity with every set!

**Weighted Bench Dips**
- 8 sets
- 20 secs
- 10 sec rest

Tabata 5: A book on the lap and 2 sturdy chairs is all you need!

**Snap Jumps**
- 8 sets
- 20 secs
- 10 sec rest

Tabata 6: Make these as fast as you can!

**Hollow Body Rock Hold**
- 3 sets
- 20 secs
- 30 sec rest

Try to hold this pose for the full 20 seconds!

**Seated Punches**
- 3 sets
- 40 reps
- 30 sec rest

20 left-right combinations! Hold the pose while tensing your abs to remain upright.

**Side Plank**
- 4 sets
- 30 secs
- 30 sec rest

2 sets per side per set, and then you’re all done for the day!
Jumping Jacks / Star Jumps

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

* This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.

Plank Knee to Elbow

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Obliques, Shoulders

Lay face down on the ground with extended legs.

Point your toes while you place your hands beneath your shoulders.

Push yourself up into the plank position.

Maintaining a tight core and flat back, bring your left knee to your right elbow.

Pause and slowly return each to the starting point.

Repeat with the other side and keep alternating.
**Power Skips**

**Primary muscle group(s):**
Hamstrings, Quadriceps

**Secondary:**
Abs, Calves, Glutes & Hip Flexors

Stand up straight with a tight core and flat back.
Raise your arms to waist height.
Forcefully push off the ground, elevating the left side higher than the right side.
Swing your left hand up and your right hand back.
Land on the balls of your feet, then immediately push off again with the right side.
Alternate and repeat.

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**Shadow Boxing**

**Primary muscle group(s):**
Abs, Biceps, Shoulders, Triceps

**Secondary:**
Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.
**Weighted Bench Dips**

Primary muscle group(s):
Triceps

Secondary:
Calves, Glutes & Hip Flexors, Shoulders

Set up 2 flat benches opposite each other. They should be roughly the distance of your hips to the floor apart.

Stand with your back to one bench, facing the other, then crouch down placing your palms behind you on the edge of the bench. Your arms should be fully extended at shoulder width, with your fingers facing forward.

Place the heels of your feet on the other bench. Keep your legs fully extended.

Have a spotter place a barbell weight plate or dumbbell on your lap. This is the start position.

Slowly lower yourself down by bending your elbows, until they are at 90 degrees or slightly less. Hold for a count of one.

Return to the starting position by pushing yourself up using only your triceps to straighten your arms. Hold then repeat

⚠️ You will need a spotter to help you with this exercise. Trying to place the weight in your own lap once in position can cause instability and increase the risk of injury. Have your spotter remain with you throughout your set to ensure the weights don’t slide off causing injury.

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**Snap Jumps**

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Calves, Hamstrings, Quadriceps, Shoulders

Lie face down on a padded surface. Place your hands beneath your shoulders and make sure your feet are extended straight behind you. Push yourself up into a classical Push-Up position. Keep your hips slightly elevated. Tighten your core.

Keeping your gaze straight, push off the ground with your feet. Bending your knees, allow your feet to come up near your hands.

Immediately, push off the ground again with your feet, extending your legs straight behind you once again to the starting position.
Hollow Body Rock Hold

Primary muscle group(s):
Abs

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.

Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.

With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.

Seated Punches

Primary muscle group(s):
Abs, Obliques

Secondary:
Shoulders

Sit comfortably with your feet grounded, knees bent, and body upright.

Slowly lower your upper body backwards just enough to feel a strain on your abs.

From here throw a desired amount of left and right eye-level punches.
Side Plank

Primary muscle group(s): Obliques
Secondary: Abs

Lie on your side on an exercise mat.
Fully extend your legs with one resting on top of the other.
Fully extend the top arm down the side of your body.
Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.
Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.
Contract your abdominal muscles and relax your shoulders.
Continue breathing throughout the whole exercise.
Hold this position for as long as you can.
Relax and change sides.
Repeat.