



WOD- WORKOUT OF THE DAY

Upper Body Workout

Inchworm: Start in a forward fold, keeping feet still, “walk” hands out into a full plank, then walk hands back to starting position. **5 reps total**

Walking Push-up: Start in center, pushup, then move one hand to the left, pushup, move back to center, pushup, move other hand to the right, pushup. **16 reps total**

Plank Jacks: 1 min

Overhead Pull: Start with back on floor, knees bent, feet flat on floor. With your weight in both hands, extended arms so that the weight is directly in front of your face. Maintaining slightly bent elbows lower the weight behind your head and tap the floor. Return to start for one rep. **15 reps total**

Back Fly: Standing with feet hip width apart, hinge forward at the hips, maintaining a straight back, with arms extended straight down holding your weight palms facing each other. Extend arms directly out from your sides, keeping back straight. Squeeze shoulder blades. Return arms to center. **16 reps total**

Jab/ Cross: 1 min

Tricep Dip: 15 reps total (Coffee tables or a nice sturdy chair can work great for these. Even the edge of your couch!)

Bicep Curl: 15 reps total

Plank Jacks: 1 min

Upright Row: Standing with feet hip width apart, pull abdominals in, maintaining a straight back with arms extended straight down holding weights palms facing back (toward thighs). Pull arms up leading with your elbows out to either side, bring weights to shoulder height. Return to start for one rep. **15 reps total**

Side Shoulder Raise: Standing with feet hip width apart, pull abdominals in, maintaining a straight back with arms held by sides a weight in each hand, palms facing each other. Lift weights straight out to either side. Lower down to starting position for one rep. **15 reps total**

Jab/Cross: 1 min

Last burner! Army Crawl Plank: 1 min Starting with forearms on ground in plank or “hover” position, move one arm then the other into a full plank position, with palms on ground, then lower arms down one at a time again, to start. That is one rep. Complete as many reps as possible for the 1 min time.

Stretch!