

# Upper Body Workout

Supersets – 2 exercises after each other with no break  
3-5 sets – 15-20 reps

## Superset 1

Plank to push up – go to a plank position – on forearms, arms under shoulders, squeeze abs and glutes; push yourself up to a pushup position with both hands after each other then go back down to the plank position. Modification – knees on the ground.



Crab dip – go to a crab position – hands forward under shoulders, feet straight with bent knees, hips elevated; bend your elbows backwards almost that your hips are touching the ground and push yourself back to the starting position.

## Superset 2

Pushup – go to a push up position, arms under shoulders, elbows 45 degrees angle from the body, legs together; keep your body tight, bend elbows and go down to the push up then push yourself up to the starting point. Modification – knees on the ground.



Triceps pushup – same position, except hands are closer to each other; go down to a push up position with your elbows next to your body and push yourself up to the starting point.

## Superset 3

Biceps curl with a towel – grab both ends of the towel and step on it; bent knee and pull towel up with both hands to a biceps curl. Keep elbows stationary with chest up, don't move from body.



Burpees – jump up, jump to a push up position, go all the way down to the floor, push yourself back to a pushup position, jump to your hands with legs and jump up again.