

ARM

WORKOUT #1

Repeat 10 times

- 5 push-ups
- 10 punches (in front) (each arm)
- 10 thigh taps
- 10 shoulder taps
- 10 overhead punches (each arm)
- 10 chair push-ups
- 20 seconds: arm circles forward
- 20 seconds: arm circles backward)

BICEP & AB WORKOUT #1

Repeat 8 times

- 10 chest push-ups
- 20 second reverse plank hold
- 10 side-plank lifts (each side)
- 20 second plank hold
- 5 push-ups
- 10 reverse dips
- 20 second side-plank (each side)