

UPPER  
BODY

# WORKOUT

10  
MIN

## BODYWEIGHT + EXERCISE BALL

After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

### WARMUP

Jumping Jacks - 30 seconds  
Sun Salutations - 30 seconds  
Exercise Ball, Side-to-Side Trunk Rotations - 30 seconds  
Exercise Ball, Reverse Lunge w/ Ball Raise - 30 seconds

### WORKOUT

- Exercise Ball Pushups
- Negative Pushups
- Exercise Ball Tricep Dips
- Close Grip Pushups
- Exercise Ball T & Y Shoulder Extensions
- Pike Pushups
- Exercise Ball Plank, Knee to Elbow
- Plank, Knee to Elbow
- Exercise Ball T Pushups
- Plank, Reach Through + T Pushup