

Upper Body Circuit

(Body Weight)

EQUIPMENT NEEDED: 10 SQUARE FEET OF FLOOR SPACE, YOU

INSTRUCTIONS: COMPLETE 2 TO 3 SETS OF 8 TO 12 REPS OF EACH EXERCISE, RESTING 30 TO 60 SECONDS IN BETWEEN

Military Press Up

1. Set up by starting on knees, and having hands underneath your shoulders.
2. Lower down but keep elbows tucked in by your rib cage. This targets your triceps.
3. Brace through your belly, squeeze your bottom and push up.
4. Option 2 is to go onto your feet to make it harder.



Policeman Press Up

1. Lie on the floor, knees bent and take your arms wide.
2. The position of your elbow is where your hands will go.
3. From there push up, brace through the belly and squeeze the butt.
4. Lower each press to 90 degree bend in elbow. Option 2 on your feet is advanced.



Crab Tricep Dips

1. Sit on the floor and place hands as close to your sides as possible under your shoulders.
2. Bring feet in close and lift butt off the floor. Lower and lift.
3. Easier option (1) is to have hands on something higher like a chair. Harder option (2) is to raise one leg while dipping.

Balancing Crab Dip

1. Sit on the floor with one hand as close to your side as possible under your shoulder, with the other on your chest.
2. Bring one foot in close and lift the other one so it is parallel to the other thigh. Lift butt off the floor, lower and lift.
3. Easier option (1) is to have hands on something higher ie: Chair



Crab Toe Touches

1. Sit on the floor and place hands as close to your sides as possible, under your shoulders.
 2. Bring feet in close and lift butt off the floor.
 3. Lift opposite arm and leg, touch your toes.
- *Bonus! This is a great core exercise!



Albatross

1. Lying on the floor, span your arms wide.
2. Squeeze butt and brace belly.
3. Lift arms wide, let eyes follow and turn to the other side. Alternate sides, turning and bracing lower body at the same time.
4. Breathe!

