# <u>Upper Body Circuit</u> (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 SECOUNDS 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**

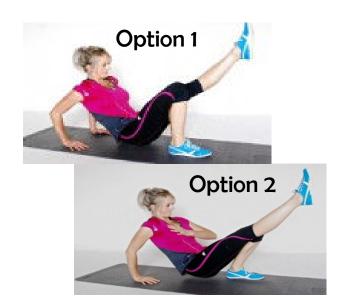
- 1. Sit on the floor and place hands as close to your sides as possible under your shoulders.
- 2. Bring feet in close and lift butt off the floor. Lower and lift.
- 3. Easier option (1) is to have hands on something higher like a chair. Harder option (2) is to raise one leg while dipping.





### **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!

