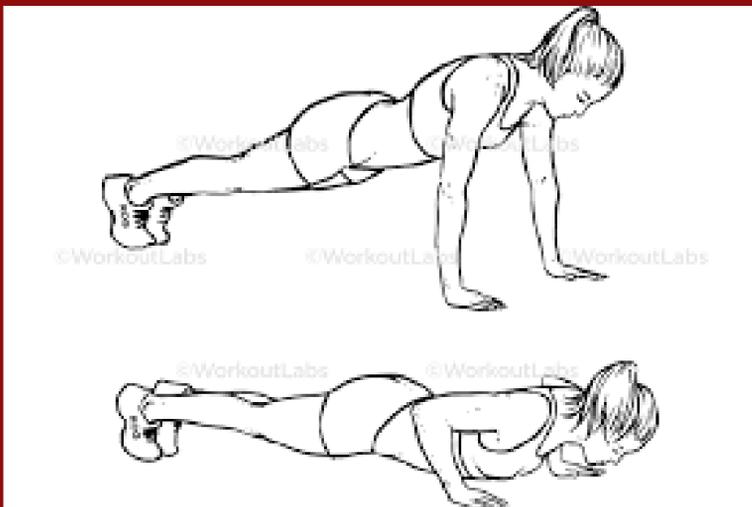


Arm Exercises



1. Push Ups



Instructions:

1. Get down on all fours; place hands slightly wider than shoulders.
2. Straighten arms and legs.
3. Lower body until chest nearly touches the floor.
4. Pause, then push yourself back up. Repeat.

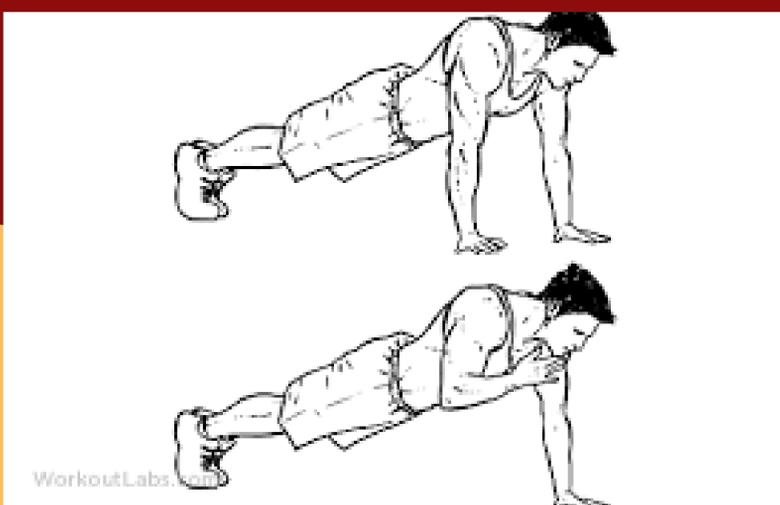
2. Side Planks



Instructions:

1. Lie on right side with right hand directly underneath right shoulder.
2. Extend legs and stack left foot on top of right. Squeeze abs and glutes to lift hips off the floor.
3. Extend left hand straight up toward the ceiling.
4. Hold for a set amount of time.
5. Repeat on left side.

3. Plank Taps



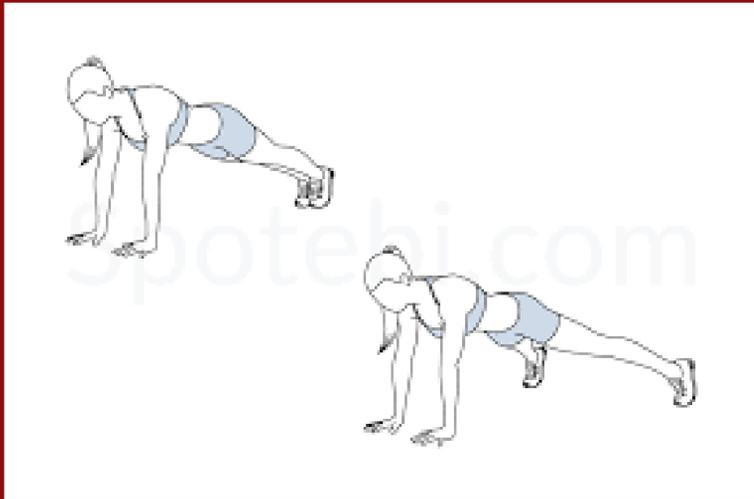
Instructions:

1. Start in high plank with palms flat, hands shoulder-width apart, shoulders stacked directly above wrists, legs extended behind you, and core and glutes engaged.
2. Tap right hand to left shoulder while engaging core and glutes to keep your hips as still as possible.
3. Do the same thing with your left hand to right shoulder. That's 1 repetition.
4. Continue alternating sides. To make easier, try separating legs a little more. Repeat.

Arm Exercises



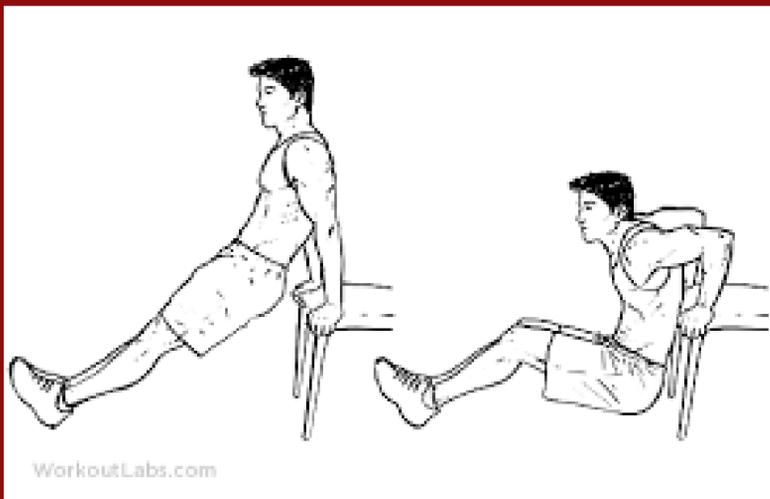
4. Plank Jack



Instructions:

1. Start in a high plank with palms flat, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and glutes engaged.
2. Jump feet out and in (like jumping jacks).
3. Try not to let butt and hips bounce as you jump.
4. Continue for a set amount of time.

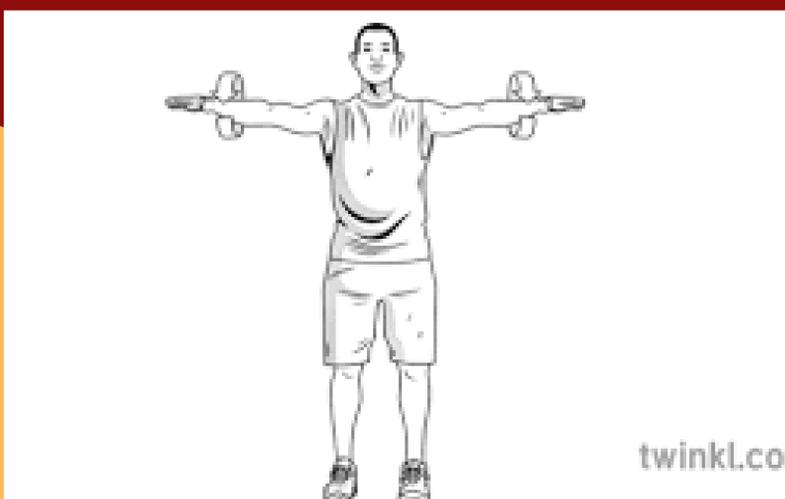
5. Chair Dip



Instructions:

1. Sit at the end of chair and grab edge with palms facing the floor and back of the hands facing forward.
2. Keep arms slightly bent, not locked in a straight position completely.
3. Position heels on the floor and feet facing out - the farther your heels are from your hips, the harder the exercise gets.
4. Keep back straight and heels hip width apart.
5. Slowly bend arms until bottom is almost touching the floor, aiming for a 90 degree bend in arms.
6. Push yourself back up into starting position.
7. Repeat this around 8-10 times for 3 sets.

6. Arm Circles



Instructions:

1. Stand with feet shoulder-width apart.
2. Extend both arms out straight to sides to form a T with body.
3. Slowly rotate shoulders and arms to make forward circles about 1 foot in diameter.
4. Continue for 15 circles, then reverse directions and complete 15 rotations in the opposite direction. Do 3 sets total.