



UPPER-BODY WORKOUT

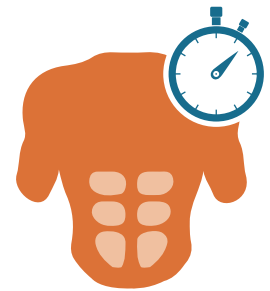
A strong upper body is more than aesthetic appeal. It can help you function and move better. And it's not all about shoulders. Your upper body includes your back and your core, which play major roles in stabilizing your torso and spine.

A proper upper body workout includes exercises that target the arms, shoulders, core, chest, and back. You can do all of the above in just 20 minutes.

IS THE 20-MINUTE UPPER-BODY WORKOUT FOR YOU? >>>

If you are looking for a quick way to tone and gain strength, the 20-minute upper-body workout is a great option - especially for beginners or intermediates. Make sure to check with your doctor before beginning any new exercise program.

This program offers variations for those just starting out and for those who are regular exercisers. For the best results, perform each move slowly and with control.



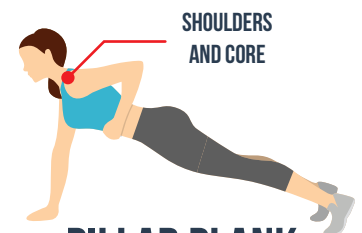
20 MINUTE

HOW DOES IT WORK? >>>

Each exercise targets numerous muscles of the upper body. For example, the pillar plank targets the shoulders and core - and same with the plank rotation. These two exercises also work the muscles of the upper back.

The renegade row works the posterior shoulder muscles and the mid-back muscles, as well as your abs. Tricep dips target your - you guessed it - triceps. And the pike push-up challenges your shoulder muscles by mimicking a shoulder press.

In the third round, you should feel your upper body starting to burn and fatigue. This means it's working! Try out your 20-minute upper-body workout today. Start noticing the difference.



PILLAR PLANK



20 MINUTE

WHAT YOU'LL NEED >>>

Each exercise is performed in 1 minute intervals. A timer may be useful to keep track of how long you need to perform each exercise. Besides that, you just need yourself and enough space to perform each movement.



**INTERVAL OF
TIME 1 MINUTE**

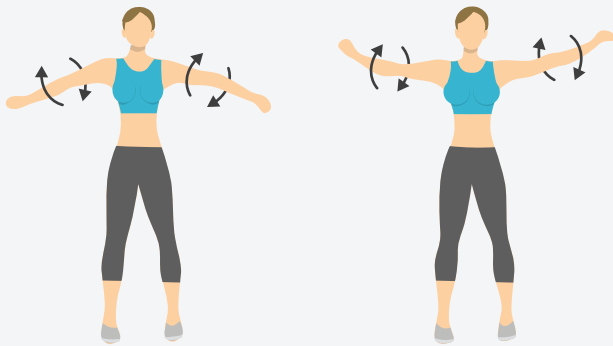
YOUR 20-MINUTE UPPER-BODY WORKOUT

The first 5 minutes are dedicated to a quick warm-up. Work on getting your heart rate up and preparing your body for your workout. The next 15 minutes consists of 5 exercises. You perform each exercise for 1 minute and do a total of 3 rounds. Let's get started!



WARM-UP

1. ARM CIRCLES



Stand tall and make wide arm circles. Move the arms in one direction for 30 seconds and then, in the opposite direction for 30 seconds.

2. MOUNTAIN CLIMBERS



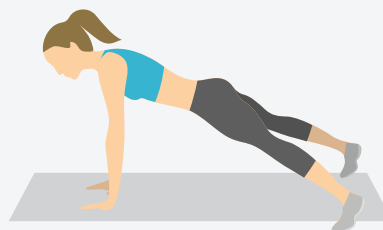
Start in a full plank position, with your hands directly under your shoulders and your legs straight back. Bring one knee up toward your body. As you send your leg back, bring your opposite knee up. Continue to alternate sides.

3. PUSH-UPS



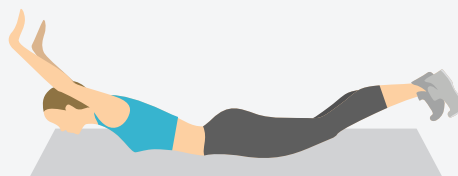
Start in a full plank position or from your knees. Slowly bend your elbows and bring your chest almost to the floor. Push back up to start and repeat.

4. PLANK JACKS



From a full plank position or from your forearms, jump both feet out wide. Jump them back together and repeat. If this is difficult, step one foot out to the side at a time. Make sure to squeeze the core to stabilize your upper body.

5. SUPERMAN



Lie facedown on a comfortable surface. Extend your arms straight in front of you. Slowly lift your arms off the ground. At the same time, squeeze your buttocks and lift your legs off the ground. Hold for a count of 2. Slowly lower and repeat.

WORKOUT

1. PIKE PUSH-UP



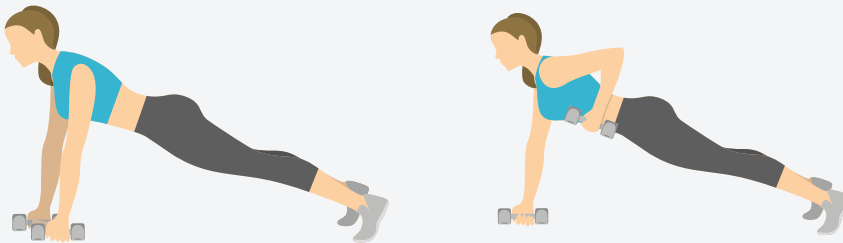
Start in a downward dog pose. Your body should form an upside down 'V.' Slowly bend your elbows, bringing your forehead toward the ground. Slowly push back up, straightening your arms.

2. TRICEP DIPS



Sit tall, with your knees bent and feet flat in front of you. Place your hands slightly behind you, with your palms flat on the ground. Lift your buttocks and hips off the ground. Carefully bend your elbows, almost lowering your buttocks back to the ground. Straighten your arms, then bend your elbows again.

3. RENEGADE ROW



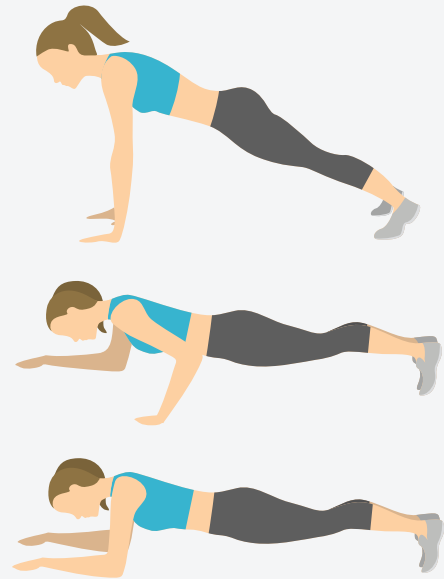
Begin in a full plank or from the knees. Bring one arm slowly back, bending your elbow and pinching your shoulder blade down and in. Touch your hip with your hand, then alternate sides. Make sure to keep your core engaged, and try to avoid moving your hips.

4. Plank Rotations



Begin in a full plank. Turn your body to one side, lifting your top hand off the ground. Extend your hand straight up in the air. Slowly rotate back to a full plank and turn to face the other side. Continue to alternate sides.

5. Pillar Plank



Start in a full plank or from the knees. Your hands should be directly under your shoulders and your arms should be straight. Slowly lower one elbow at a time, coming into a forearm plank. Push back up to straight arms on the same side you lowered on. Alternate sides each time.

Start back at the top and do 3 rounds for faster results!