

Day 5: Arms & Abs

5-10 MINUTE
WARM UP

2-4 WALKOUTS / DYNAMIC STRETCH

5 MOVES, 5 REPS, 5 ROUNDS

1 PUSH UPS



2 CRUNCH + DOUBLE HEEL DROP



3 "UP-DOWNS" + PLANK JACK



4 CANDLESTICK



5 HIGH PLANK SHOULDER TAPS* + MOUNTAIN CLIMBERS



Don't Forget to Hydrate!

*ONE REP:
RIGHT ARM TAPS LEFT SHOULDER,
LEFT ARM TAPS RIGHT SHOULDER.
RIGHT KNEE DRIVES, LEFT KNEES DRIVES