Session 17

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| Upper Body |  |  |
| **Exercises** | **Reps** | **Rest** |
| Incline Press Ups | 15 | 20 sec |
| Staggered Hand Press Up (switch position on R2) | 10 | 20 sec |
| Kneeling Clap Press Up | 10 | 20 sec |
| Dolphin Hold | 30 sec | 20 sec |
|  X 3 |   |   |
| **2 Min Rest** |   |   |
| Box Tricep Dip | 15 | 20 sec |
| Tricep Press up | 10 | 20 sec |
| Crab Tricep Dip | 10 | 20 sec |
| Dolphin Hold | 30 sec | 20 sec |
|  X 3 |   |   |
| **2 Min Rest** |   |   |
| Shoulder Press Up | 15 | 20 sec |
| Side Plank & roll under (Half on each side) | 10 | 20 sec |
| Plank Arm Reach (Alt arms) | 10 | 20 sec |
| Dolphin Hold | 30 sec | 20 sec |
|  X 3 |   |   |