**Tuesday** *Upper Body*

*30 Seconds exercise, 30 seconds rest - repeat x 4 times*

**1. Star Jumps/Jumping Jacks**

**https://www.youtube.com/watch?v=c4DAnQ6DtF8**

1. **Stand straight with your feet together and hands by your sides**
2. **Jump up, spread your feet and bring both hands together above your head.**
3. **Jump again and return to the starting position**
4. **Repeat for 30 seconds**



1. **Arm Circles**

**https://www.youtube.com/watch?v=140RTNMciH8**

1. Stand straight with your feet shoulder width apart
2. Raise and extend your arms to the sides without bending the elbows
3. Slowly rotate your arms forward making small circles
4. Engage your core muscles, keep your back and arms straight.
5. Keep your head up and your body in a T formation
6. 15 seconds rotating arms forward and 15 seconds rotating arms backwards



**3. Burpess**

**https://www.youtube.com/watch?v=dZgVxmf6jkA**

1. Stand straight with your feet shoulder width apart
2. Squat and place your hands in front of your feet
3. Jump back until your legs are fully extended and your body is in a plank position
4. Do a push up, jump forward and then push through the heels to return to the starting position
5. Keep your core engaged at all times,



**4. Tricep Dips**

https://www.youtube.com/watch?v=0326dy\_-CzM

1. Place your hands behind you onto a chair so that your fingers face forward
2. Extend your legs and start bending your elbows
3. Lower your body until your arms are at a 90 degree angle
4. Lift your body back up until your arms are straight.



**5. Push Up**

**https://www.youtube.com/watch?v=rjc0O7OXS3g**

1. With your legs extended back, place the hands below the shoulders, slightly wider that shoulder width apart.
2. Start bending your elbows and lower your chest until it’s just above the floor
3. Push back to the starting position
4. Keep your head in line with your torso and your torso in line with your hips.
5. Engage your core muscles and maintain your body in a straight line.



**6.Plank with Arm Raise**

[**https://www.youtube.com/watch?v=a1\_fRyavWdA**](https://www.youtube.com/watch?v=a1_fRyavWdA)

1. **Begin in a plank position with your weight resting on your forearms.**
2. **Keep your body in a completely straight line from your shoulders to your ankles**
3. **Tighten your abs and without letting your hips move, raise one are straight out in front of you.**
4. **Pause then lower your arm back to the starting position**
5. **Alternate arms for 30 seconds**

