



Upper Body Floor Workout

30 secs for each exercise. 3 - 4 rounds.

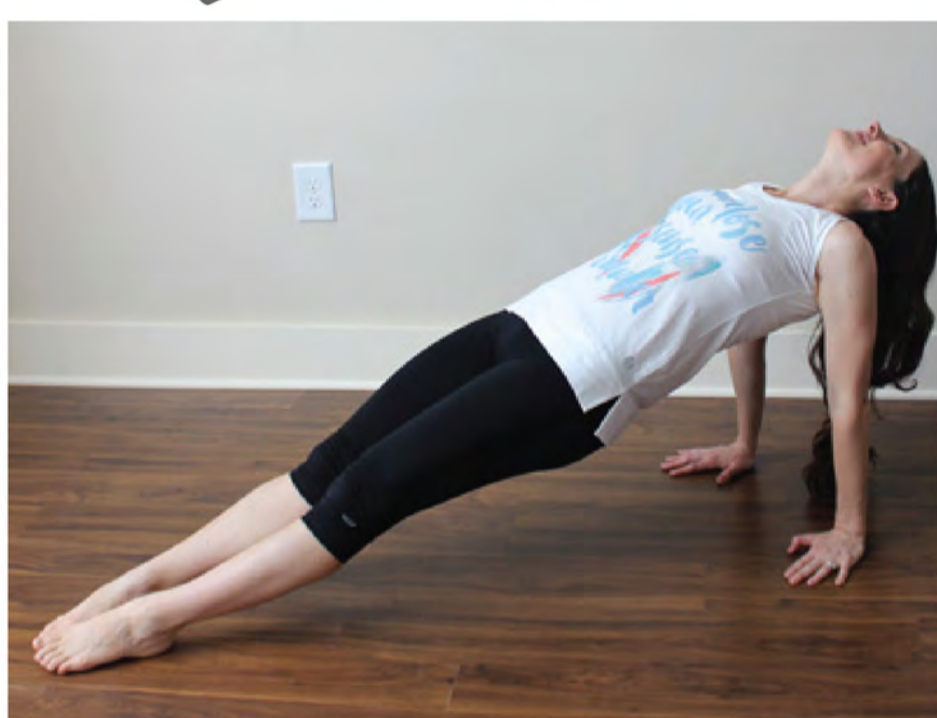
1

Dancing crab



2

Reverse plank



3

Tricep dips



4

Bridge in and out walks

