

# WORKOUT LOG

Online Video Workout - Flex Those Arms

**Focus:** Focus on body weight movements to strengthen and tone arms.  
Coronavirus edition!

**Date:** 3/24/2020

**Duration:** 17 mins/27 mins

**Warm Up:** 5

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
<b>CW</b>	Arm Circles	30 secs	0	2	5	Small to big circles. Front and back.
	Jumping Jacks	30 secs				Slow increase heart rate and circulation.
	Cross Body Reach	30 secs				Gentle and easy to loosen back and shoulders.
	Plank Jacks	30 secs				Gentle and easy to loosen quads.
	Overhead Tri Stretch	30 secs				Reach arm overhead touch opposite shoulder. Use opp hand to pull.

**Work Out:** 17

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>C1</b>	Inch Worm	30 secs	15	2	5	From standing, place hands by feet, walk them out to plank, return.
	Mod Shoulder Taps	30 secs				Mod push up pos. Wide needs. Alt taping shoulder. Keep butt still!
	Inch Worm/Shoulder Taps	30 secs				Walk hands to plank, two shoulder taps, return. Repeat.
<b>C2</b>	Mod Push Up	30 secs	15	2	5	Mod push up pos. Lower chest to floor, keep elbows in to chest.
	Mod 3 Pt Plank	30 secs				Mod push up pos. Tap one hand front, side, back. Repeat opp arm.
	3 Pt Plank/Mod Push Up	30 secs				3 point plank, push up, 3 point plank opp arm, push up. Repeat.
<b>C3</b>	Mod Push Up	30 secs	15	2	5	Mod push up pos. Lower chest to floor, keep elbows in to chest.
	Plank Walk	30 secs				Full plank pos. Walk hands and arms to right 3 steps. Return. Repeat.
	Mod Push Up/Plank Walk	30 secs				Mod push up. Plank walk 3 steps right. Mod push up. Plank walk back.
<b>Challenge</b>	Floor Sweep	45 secs	15 secs	2	2	Place hands on towel on floor. Body in pike pos. Push towel across flr.

**Cool Down/Stretching:** 5.5

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>1</b>	Bridge	15 secs	15 secs	2	1	Lift in bridge to counter stretch core.
<b>2</b>	Lying Rotational	15 secs ea side	15 secs	2	1.5	Lie in situp pos. Gentle lower knees to one side. Switch.
<b>3</b>	Downward Dog	30 secs	15 secs	2	1.5	Gentley stretch calves/hamstrings as feels good.
<b>4</b>	Child's Pose	30 secs	15 secs	2	1.5	Don't short the stretches.