

# WORKOUT LOG

Video Workout - ARMS: A Good Place to Start

**Focus:** Focus on body weight movements to strengthen arms shoulders, back. Coronavirus edition!

**Date:** 5/1/2020

**Duration:** 15 mins/35 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.
	Cross Body Reaches	30 secs	0	2		Reach across, reach up, reach down. Stretch back/shoulder muscles.
	Hip Openers	30 secs	0	2		Rotate out 15 secs. Rotate in 15 secs.
	Squats	30 secs	0	2		Sit back leading with butt. Knees track over toes.
	Jumping Jacks	30 secs	0	2		Big Jacks.

**Work Out:** 0 One Way: Body Weight; Second Way: With External Weight (dumbell, kettle bell)

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>C1</b>	Military Press (lbs)	20 secs	0	2-3	4-6	Stong base. Press from shoulders straight up.
	Lat Raise					Stong base. Straight arms. Lift to side to make T. Return.
	Tri Press					Strong base. Arms straight above head. Elbows in, bend behind head. Straighten.
	Straight Arm Squat					Raise arms straight over head, hold. Squat with hips back. Repeat.
	Punches					Punch straight in front as fast as can.
<b>C2</b>	Bent Over Row	20 secs	0	2-3	4-6	Chest parallel to ground. Arms straight, lift hands to chest. Squeeze shoulders.
	Bent Over Y					Chest parallel to ground. Straight arms overhead near ears at Y.
	Bent Over T					Chest parallel to ground. Straight arms, lift out to side at T.
	Upright Row					Chest parallel to ground. Arms straight, lift hands to chest. Squeeze shoulders.
	Punches					Punch straight in front as fast as can.
<b>C3</b>	Inch Worm	30 secs	15 secs	2-3	6-9	Stong base. Keeps elbows in. Straight arms, bend to chest. Lower.
	Renegade Row					High/mod plank position. Raise one hand to shoulder, lower. Repeat oppsite.
	Prone Y to T					Lie prone. Lift to superman pos. Extend arms over head (Y), extend to side (T).
	Mod Push Up					Mod push up pos. Keep elbows in, back flat. Lower to floor.

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Cool Down/Stretching:

5

Exercise	Time	Sets	Duration	Notes	
1	Hip Openers	30 secs	2	5	Rotate out 15 secs. Rotate in 15 secs.
2	Butt Kicks	30 secs			Gentle and easy to stretch quads.
3	Standing Toe Touch	30 secs			Feet together. Bend over and touch toes (or as low as you can).
4	Spread Legs - Reach Down/Left/Right	30 secs			Standing, spread legs into V. Gentle stretch center, left, right
5	V Sit - Reach Center/Left/Right	30 secs			Sit, spread legs into V. Gentle stretch center, left, right. Repeat.