

Upper Body Stability



Workout from Kelly Buresh

This workout is upper body/core-focused and challenges stabilizing muscle groups. It's a quick 30-minute add on to a cardio workout or a great quick challenge as a stand-alone workout.

Grab a pair of light to moderate dumbbells or any other tool for a little resistance (think small rocks, soup cans, etc...) and give it a try! Appropriate for any fitness level

EXERCISE	REPITITIONS
SET 1 Repeat 3x	
Front Shoulder Raise	8-15 Reps
Bicep Curls	8-15 Reps
SET 2 Repeat 3x	
Plank Walking	8-15 each direction
Plank with Shoulder Taps	8-15 per side
SET 3 Repeat 3x	
Wide Arm Push Ups	8-15 Reps
Alternating High to Low Planks	8-15 Reps
SET 4 Repeat 3x	
Narrow Hand Push Up	8-15 Reps
DB Reverse Fly	8-15 Reps
SET 5 Repeat 3x	
Rear Delt "Field Goals"	8-15 Reps
Tricep Dips	8-15 Reps
SET 6 Repeat 3x	
Tabletop Knee to Elbow	8-15 per side
Plank Oblique Hops	8-15 per side