

DO ANYWHERE WORKOUT

Arms & Abs

Warm up for 3-5 minutes.
Complete parts A and B a total of 2x
before moving on to the next set.

Exercise	Duration	Notes
1A. Modified tricep pushups	15x	
1B. Tabletop extended arm reach and pull	15x/side	
2A. Full arm plank with alternating shoulder taps	30 seconds	
2B. Tricep dips	15x	
3A. C-curve with reach and pull	15x	
3B. Rollups	5x	
4A. Supermans with pullback arms	15x	
4B. Tabletop with alternating arm/leg extensions	10x/side	
5A. Standing reach with pull and rotation	30 seconds	
5B. Extended arm pulses	30 seconds	

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