

DO ANYWHERE WORKOUT

Chest & Back

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. Plie tap with upright row	15x	
1B. Walkout with shoulder taps	5x	
2A. Stationary lunge with pullback arms	15x/side	
2B. Plie with front press	15x	
3A. Full arm side plank with lat pull	10x/side	
3B. Superman with arms at sides	15x	
4A. Modified pushup with pulses	10x, 10 pulses	
4B. Supermans with T arms	15x	
5A. Modified pushup with hold	10x, 10	
5B. X-shaped supermans	second hold 15x	

#MMFitness #MMFDoAnywhereWorkout

