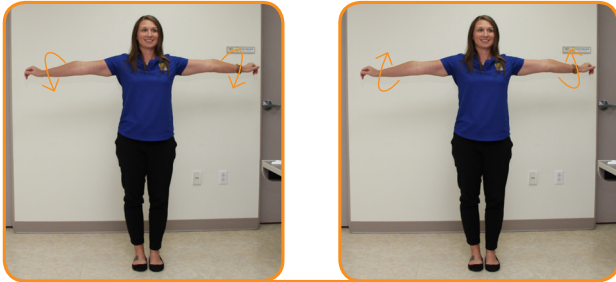


# Equipment-Free Upper Body Workout

Follow this sequence for a quick upper body workout. Complete each exercise for 1 minute before moving on. Rest for 30 seconds between each exercise.

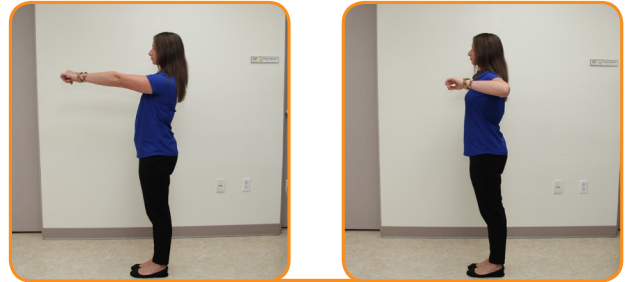
1



**Arm Circles**

Stand tall and lift arms straight out to your sides at shoulder height. Keeping palms facing down, create small circles with arms. Continue for 30 seconds to the front and 30 seconds to the back.

2



**Pull Back**

Stand tall with arms straight out in front of you at shoulder height. Keeping elbows lifted, pull elbows back as far as you can as you engage the upper back. Return to start and repeat.

3



**Pull Down**

Extend arms straight overhead. Pull elbows down and slightly behind you, as if you are trying to touch the elbows together behind you. Return to start and repeat.

4



**Chest Squeeze**

Bring palms and elbows together in front of you, elbows bent. Keeping arms together, lift elbows as high as you can, bringing fingertips towards the ceiling. Lower and repeat.

5



**Triceps Dips**

Sit on the edge of a table and place hands on either side of you. Walk feet out slightly and bring bottom off of table. Keeping elbows pointed back, slowly lower yourself down until elbows are at 90 degrees. Straighten arms to lift body back to starting position. Repeat.

6



**Push-Ups**

Place hands on the edge of a table about shoulder-width apart. Walk feet back so that the body is in a straight line from head to heels. Keeping body straight, bend elbows and lower the chest towards the table. Extend arms back to starting position. Repeat.