

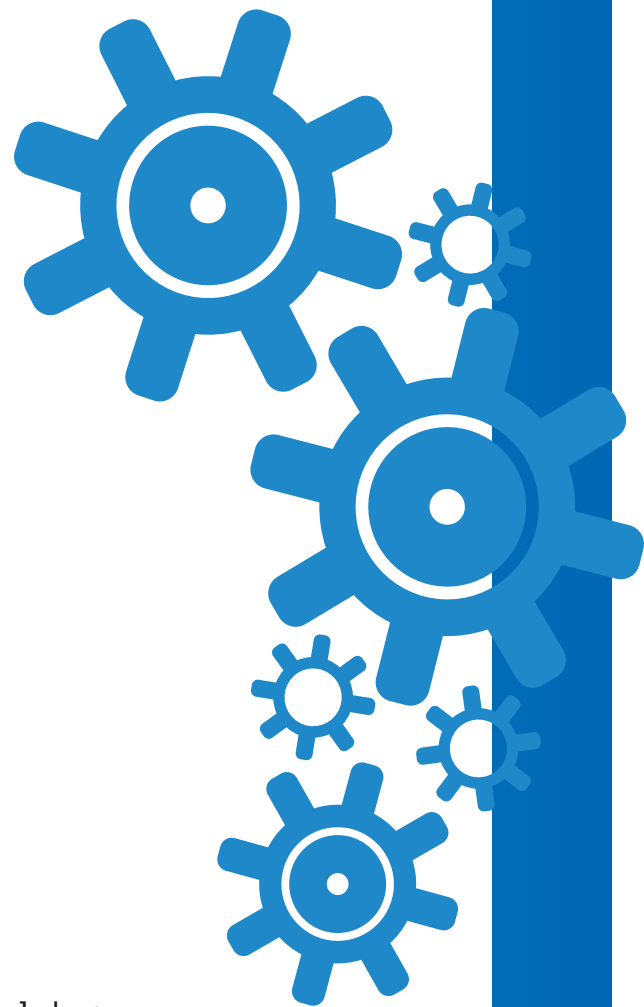
#SAFERATHOME WORKOUT

Power of 10 • 3 Rounds • 10 of each exercise
(1 Minute Break Between Rounds)

1. Walk Out Push Ups
2. Tricep Kickback
3. Chest Press Crunch
4. Squat Bicep Curl
5. Windshield Wipers

Modified Version

1. Wall Push Ups
2. Sit down in chair / Stand Up
3. Crunches
4. Bicep Curl to Overhead Press
5. Oblique Twists



Courtesy of Y Group Fitness Instructor, Jodeen.
Questions? Email fitness2@ymcajanesville.org.