

UPPER BODY BODYWEIGHT WORKOUT

20 minutes

Start this upper body workout with a thorough warm up and finish with a set of static stretches. Repeat this circuit 2 times and rest for 60 seconds between sets.



S P O T E B I . C O M



30" + 30"

big arm circles

45"



double leg donkey kicks



60"

half squat jab cross

60"



inchworm



60"

speed bag punches

30" + 30"



asymmetrical push ups



45"

ankle tap push ups

45"



cobra lat pulldown



45"

butterfly dips

60"



arm swings

Bodyweight Exercises For Women Upper Body Workout

Roman Wölfel



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