

### UPPER BODY/CARDIO ~100 Calories ~17 Minutes

**Warm Up: ~40 calories** – Jump Rope, 5 minutes

#### CIRCUIT 1: 3 Sets ~30 cals ~6 min

EXERCISE	REPS	WT & EQUIPMENT
Biceps Curl	12	Resistance Band
Triceps Overhead Extension	12	Resistance Band
Shoulder Press	12	Resistance Band
Plié Pop-up	12	None

*Move quickly through each exercise; rest if needed, repeat up to 3 times or 6 minutes.*

Biceps Curl



Triceps Extension



Shoulder Press



Plié Pop-up



### UPPER BODY/CARDIO

**CIRCUIT 2 : 3 Sets** ~30 cals ~6 min

EXERCISE	REPS	WT & EQUIPMENT
Hammer Curl	12	Resistance Band
Lateral Raise	12	Resistance Band
Dip	12	Chair or Bench
Squat Jump	12	None

*Move quickly through each exercise; rest if needed, repeat up 3 times or 6 minutes.*

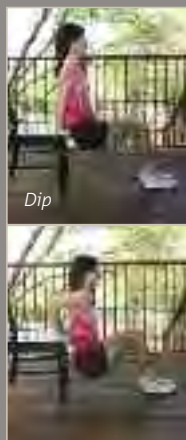
Hammer Curl



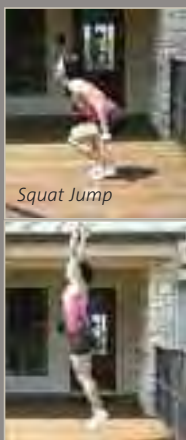
Lateral Raise



Dip



Squat Jump



Mountain Climber

*Remember to stretch!*

#### **BONUS 100 Calorie Challenge – Additional 12 minutes:**

*Perform each to failure; move to the next. Rest briefly, as needed:*

*Mountain Climbers...Burpees\*...Jumping Jacks...Squats...repeat, until you reach 12 minutes. \*Learn about Burpees on Day 7a card*