

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

R.H Rizvi



Bodyweight Exercises For Women Upper Body Workout:

The Enigmatic Realm of **Bodyweight Exercises For Women Upper Body Workout**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Bodyweight Exercises For Women Upper Body Workout** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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