

# AT HOME WORKOUT

PRESENTED BY UTTC HEALTH PROMOTIONS

IN LIGHT OF THE RECENT COVID-19 PANDEMIC, UTTC HEALTH PROMOTIONS WOULD LIKE TO PROVIDE YOU WITH SIMPLE & EFFECTIVE WORKOUTS THAT CAN HELP YOU STAY IN SHAPE!

## UPPER-BODY ROUTINE

1A. PUSH-UPS (10-15 REPS), 30 SEC. BREAK

1B. SHOULDER TAPS (10-15 REPS), 30 SEC. BREAK

2. SEATED DIPS (10-15 REPS), 30 SEC. BREAK

3. SHOULDER CIRCLES (25-30 SECS), FORWARD

3B. SHOULDER CIRCLES (25-30 SECS), BACKWARD

4. SUPERMAN'S (10-15 REPS), 30 SEC. BREAK

5. UP & DOWN PLANKS (10-15 REPS), 30 SEC. BREAK



WORKOUT



# OF REPS



REST TIME

REPEAT EACH EXERCISE 3X, OR 3 SETS  
ADVANCED MAY PERFORM 5 SETS INSTEAD OF 3