



WORKOUT SCHEDULE

WITH LANCHANA GREEN

UPPER BODY BLAST

5 x Inchworm
10 x Plank Up Downs
15 x Push Ups
20 x Knee to Elbow
25 x Dips
30 x Swimmers

PROGRESS NOTES

Equipment: None.
Rest Period: 1-2 minutes between rounds.
Rounds: 3-5.