

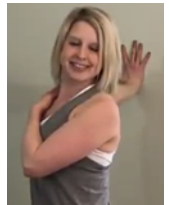
Stay Brighter Week 3 Workout

Get this workout in 4-6 x this week. Even if you can only fit in 7 minutes one day, do that! Of course, always go longer if you have the time.

Do the below exercises in order. Keep going for 30 minutes (5-8 sets)

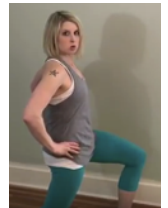
1. Wall Chest Opener

1 per side. 4 count/ arm



2. Lunge Hold. Hold the down position - Legs at strict 90 degrees each. Quickly up btwn reps

6 reps/ leg. 6 count HOLD on each rep



3. Squatty Push Ups
elbows face quads

10 reps



4. Bike Torso lifts
other

10/ leg. All 1 side then

Chin off Chest - slowly
raise shoulders off floor
2 inches



5. Body Saw/ Moving Elbow Plank

10 total



6. Goddess Squats

10 total

