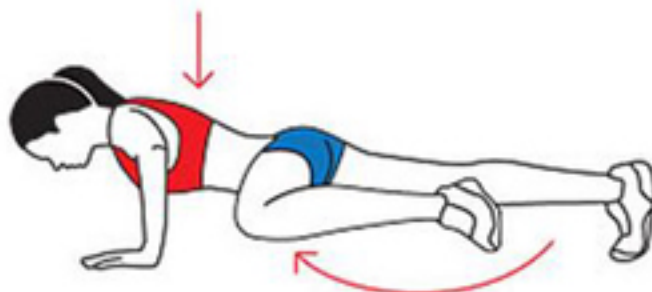
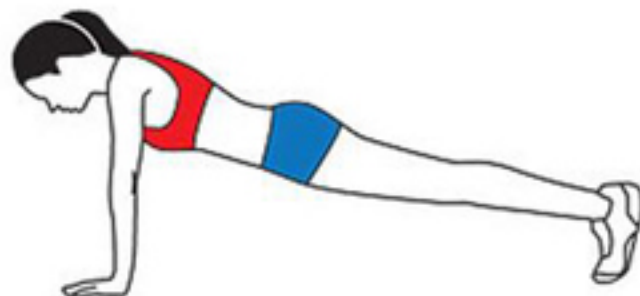


Spiderman Push-up: 10-20 reps, 3-4 sets

MUSCLES TARGETED: PECS, DELTOIDS, TRICEPS, OBLIQUES

START IN STANDARD PUSH-UP POSITION. LOWER YOUR TORSO TOWARDS THE FLOOR AND BEND YOUR ELBOWS OUT TO THE SIDE. AT THE SAME TIME, LIFT ONE FOOT OFF OF THE FLOOR AND BEND THE KNEE TO THE SIDE UP TO HIP LEVEL AS YOU BEND YOUR ELBOWS OUT TO THE SIDE AND LOWER YOUR TORSO TO THE FLOOR. REPEAT USING ALTERNATING SIDES



Scissor kicks: 20 reps, 3-4 sets

MUSCLES TARGETED: LOWER ABDOMINALS

LIE ON YOUR BACK WITH YOUR ARMS BY YOUR SIDES WITH PALMS FACING DOWN. EXTEND LEGS FULLY OUT WITH A SLIGHT BEND IN THE KNEES. LIFT HEELS 6 INCHES OFF THE FLOOR. MAKE SMALL, RAPID SCISSOR LIKE MOTIONS WITH YOUR LEGS. MAKE SURE TO KEEP YOUR ABS CONSTANTLY CONTRACTED.