

+ Stef Health Tips™

30-MINUTE ABS & ARMS CIRCUIT WORKOUT

No equipment needed!



*Exclusive music playlist for this workout available at:
<http://bit.ly/1PDnEcZ>*

WARM UP:

- 5-10 minutes of sun-salutations at your own pace

CIRCUIT*:

Perform 8-10 rounds of the following circuit. Complete each circuit straight through, with minimal rest in-between rounds.

- 10 pushups
- 30 second forearm plank
- 10 V sit-ups

COOLDOWN:

- 5-10 minutes of stretching at your own pace (bound angle, child's pose, seated forward fold, etc)

**Always consult your doctor before beginning any exercise program.
Modify these moves to your fitness level and capability. For example, consider knee pushups, dropping one knee in the plank position, or modified v sit-ups.*