

10 Minute Upper Body Workout w/ Resistance Bands

Workout

*Start w/ 8 reps of everything, then 7, 6, 5, 4, 3, 2 and 1 rep

1. Push ups



Modified Push Up



2. Band Pull Aparts



3. Bicep Curls



4. Plank Shoulder Taps

*Reach up towards opposite shoulder; continue switching sides

