

# Signature Daily Body Practice

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## General Recommendations:

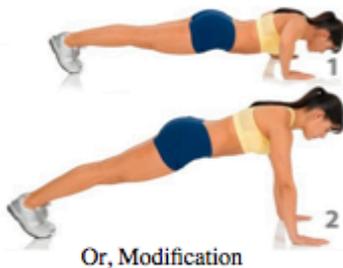
- Perform the repetitions indicated and then repeat for the number of sets. Rest 30 seconds between sets
- Schedule the workouts separately on 2 nonconsecutive days of your week.
- Be mindful of form and make slow deliberate movements
- Smile, this is your time, just experience your experience

## Before You Begin

Warm with 5 minutes of cardio and stretching, you can skip this if you are doing the routine following a cardio session.

## Strength Training Without Equipment - Upper Body (25 minutes)

### 1. Pushup (10 reps, 2 sets)



### 2. Back Extensions (10 reps, 2 sets)



### 4. Tricep One-Armed Pushup (10 reps, 1 set per side)



### 3. Tricep Dips (10 reps, 2 sets)



### 5. Plank (60 sec, 2 reps)



### 6. Pushup with Side Plank (10 reps, 2 sets)



### 7. Bird Dog (10 reps, 2 sets)



### 8. Roll Ups with Burpees (8 reps, 1 set)



## After You Finish

- Cool down by letting your heart rate come down gradually and then stretch