

UGI Workouts *by Shari*

Floor/ Mat

Cardio

Each interval is 1:00

WORKOUT #3 CARDIO, UPPER BODY

Length: 30-min.

Level: Easy to Super Hard

Equipment: Ugi, Mat, Timer

Categories: Home fitness, Cardio
Core, Ugi

This workout is a full **cardio** workout where the heart rate is elevated the entire time.

The emphasis is on the upper body including the **chest, shoulders, biceps and triceps**

Remember your 3-point posture check:

- 1) Set the core (Belly button drawn in)
- 2) Shoulders relaxed and drawn back
- 3) Neck neutral (orange under chin)



1. Plie Squat with floor tap
2. Ugi Paddles from stationary side lunge (30 secs)
3. V-Jump Squats + lateral arm raises
4. Alternating Shoulder press (BLOCKS OF 5)
5. Alternating bicep curls (BLOCKS OF 5)
6. Ugi Push-up- hands on Ugi
7. Round the Ugi
8. One arm push-up LR (BLOCKS OF 5)
9. Front raise + Glute Raise L R (30 secs)
10. Standing side crunch L
11. Lateral steps over Ugi
12. Standing side crunch R
13. Ugi Clocks
14. Tricep Dips
15. Alternating side lunges
16. Squat + Chest Press
17. Ugi Rows
18. Toe Taps
19. Push-up with hand tap/salute
20. Bridge + Pullovers
21. Ball Btw. Knees: Twist-hands at head
22. Bridge + Skull Crushers
23. Woodchop L R (30 secs)
24. Lunge + Shoulder Press
25. Plie Squat with Bicep Curl
26. Shoulder blade squeezes- Quick pulse
27. Seated twist & scoop
28. Rollback->Overhead>Russian Twist
29. Heel Drops from half crunch- ugi over chest
30. Blrd Dog

COMPLIMENTS OF

radiance
wellness

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May you shine bright!