

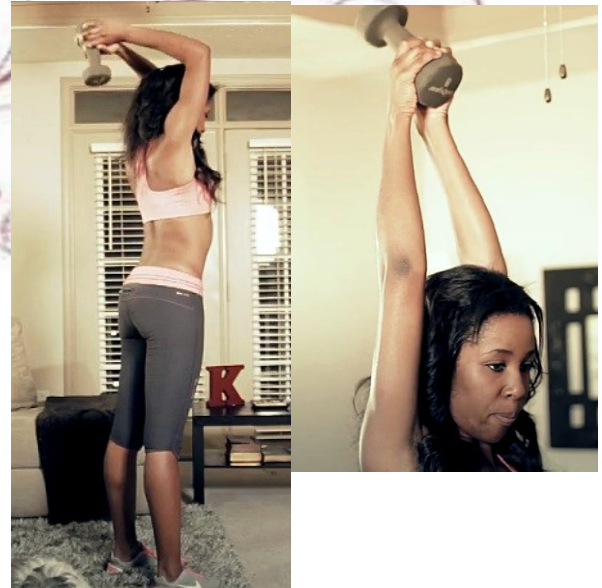
TEST YOUR ARM STRENGTH

Compete with Yourself to Tone Your Upper Body.

Do this workout once each week and aim to beat your number in all 3 steps



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STEP 1: Complete each of the Moves and write down how many times you can do each of them before you completely fatigue out.

STEP 2: Take the number of times you completed each move in Step 1 and do 10 more. This time write down how long it takes you to complete each move in Step 1 PLUS 10.

STEP 3: Take the time you wrote down for each exercise in STEP 2 and add them together. Go for a run (indoor or outdoor) for that total time. i.e. if you completed each exercise in step 2 at 2:00 minutes. Go for an 8 minute run.