

EMILY SKYE AND WELL + GOOD'S

# #IAMWELLANDGOOD FITNESS PLAN: MONDAY

*Complete six rounds of this circuit.*



## PUSH-UPS (12 REPS):

Complete as many on your toes as you can.



## CHAIR TRICEP DIPS (12 REPS):

Bend elbows at 90 degrees and lower torso toward floor.



## MOUNTAIN CLIMBERS (20 REPS):

In push-up position, raise one knee to your chest and alternate, quickly.



## V-UPS (20 REPS):

Lying down, touch your fingers to your feet, using your abs to pull your body up.