

## Upper Body Activator

Scarecrow	
Arm Series Laying Down	
The Hundred Combo at Table Top	100x
Chest Expansion Prep on Chair	8x
Neck rolls	3 sets
Standing Arm Series	
90 Degrees	
- Front	7x
- Side	5x
Curls	7x
Shaving	7x
Big Circles	3 each way
Boxing	5 sets
Chest Expansion Standing	3 sets
Castanets	8 each
Spider Crawl	1x
Snow Angels	6x
V Slides	4x
Towel Work	4 sets
Scarecrow	