

# MONDAY WORKOUT

Core | Chest | Triceps (Home Workout)

Warm-up & mobility for 5 minutes before exercise

#	Exercise	Demo
1	High Knees	<a href="#">Watch</a>
2	Knee to Elbow in High Plank	<a href="#">Watch</a>
3	Alternate Burpees	<a href="#">Watch</a>
4	High Plank Pose & Jump	<a href="#">Watch</a>
5	Seated Lean Back & Legs Up-Down	<a href="#">Watch</a>
6	Quick Burpees	<a href="#">Watch</a>
7	DB Flat Bench Press	<a href="#">Watch</a>
8	DB Close Grip Bench Press	<a href="#">Watch</a>
9	Push-ups on Knees	<a href="#">Watch</a>
10	Triceps Extension	<a href="#">Watch</a>

Click on the red 'Watch' text to view the YouTube demo