



GET ACTIVE NOW

WITH SAMANTHA CLAYTON

Push-Up Shoulder Tap

3 SETS OF 8 TO 10 REPS

With your arms straight, butt clenched and abs braced, steadily lower yourself until your elbows are at a 90-degree angle. Once your chest touches the floor (or your arms go down to a 90-degree angle), pause slightly and then explode back up until you're back in the starting position. From this position, lift one arm and touch your opposite shoulder to work on core stability. Repeat move with other arm.



UPPER BODY EXERCISE

    @herbalife

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Tricep Lift and Reach

3 SETS OF 8 REPS

Sit on the floor with your knees bent. Walk your feet out in front of you and push your hips upward, lifting one leg off the floor. Now, bend your elbows to lower your butt toward the floor and lift your right arm up toward your left leg. Return to the starting position, alternate arm and leg reach and repeat.



UPPER BODY EXERCISE



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