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# UPPER BODY

 St. Joan of Arc



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## Exercise

*(Click Charger Logo for Video)*

**Push Ups**

100 Total

**Mountain Climbers**

3 Sets X 30 Seconds

**Dips**

3 Sets X 20 Reps

**Blurpees**

3 Sets X 30 Seconds

**Chin Ups**

3 Sets X 10 Reps

**Shoulder Touches**

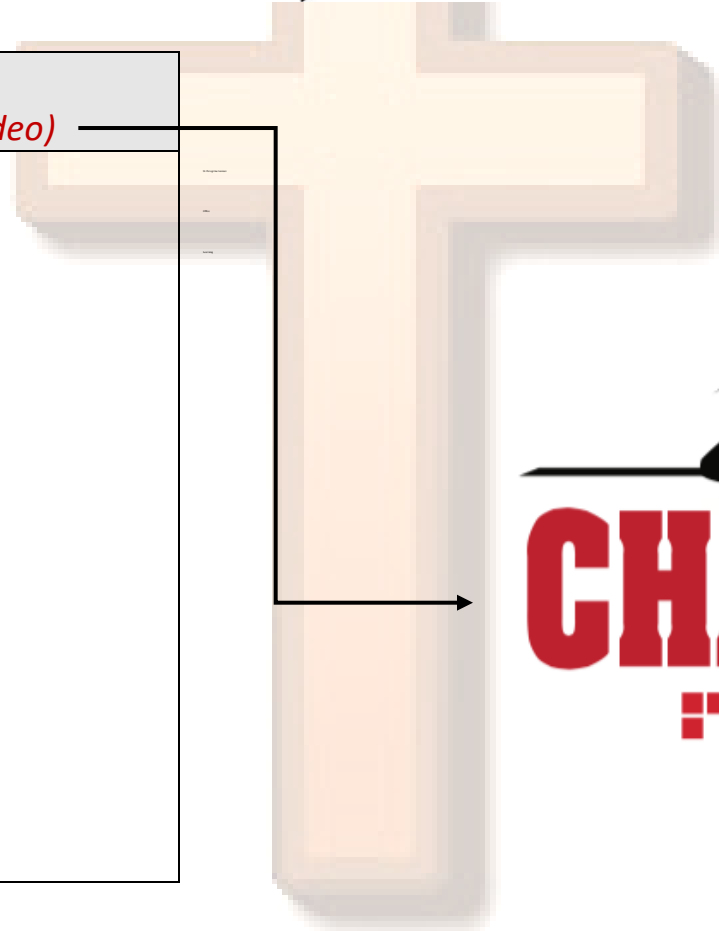
3 Sets X 30 Reps

**Crunches**

100 Total

**Plank**

60 Seconds



# CHARGERS

 St. Joan of Arc

*"...with God, all things are possible..." Matthew 19:26*