



## U-ExCEL Workout of the Week #6

### **Strength & Balance, Circuit, Fusion**

1. Squat + Alternating Reverse Lunge
2. Bicep Curl + Cross Punch
3. Opposite Elbow to Knee
4. Side Lunges + Chest Press
5. Shoulder Tap Push-ups
6. Marching Wall Sit
- 7.

