



Body Weight – Build Up

Start with six (6) reps on each exercise and add one (1) repetition after each round.

1. Mountain climbers
2. Push-up (review how to modify this exercise)
3. Plank (count seconds as repetitions)
4. Squats

Prayer for “Strength”

“Lord, I pray for strength to guide me and push me to see your work done in me. Give me the determination to complete my time spent with you and with your temple. Amen.”