


ARMS

Preview Week, Tuesday

1

Bicep Curls


3 sets 15 reps



2

Tempo Curls
(1 sec. up 3 sec. down)


3 sets 15 reps



3

Pushdowns

3 sets 15 reps




CARDIO BLAST

Complete 5-8 rounds: perform the specified reps and rest 15-30 sec in between exercises

4

Mountain Climbers


10 reps/side



5

Modified Burpees (no push up)

10 reps




▼ COMPLETE 4 ROUNDS OF THIS CIRCUIT ▼

6


Tricep Kickbacks

15 reps



Dips

10 reps



Alternating Shoulder Taps

10 reps/side

