

DAY 5 (HIIT – High Intensity Interval Training with Biceps & Triceps)

DB = Dumb Bell

SECTION A (1 Minute Per Exercise)

Long Jump Back Pedal

DB Alternating Bicep Curls

Chair Tricep Dips

>> 3 Rounds <<

SECTION B(1 Minute Per Exercise)

Power Jacks

Diamond Tricep Pushups

DB Bicep Double Hammer Curls

>> 3 Rounds <<

SECTION C (1 Minute Per Exercise)

Mountain Climbers

DB Tricep Overhead Extensions

DB Concentration Bicep Curls (3:3)

>> 3 Rounds <<