

DAY 8 (Upper – Shoulders / Back / Chest)

DB = Dumb Bell

30 Seconds Alternating DB Arnold Shoulder Press

30 Seconds DB Side Raises

>> 4 Rounds <<

30 Seconds 1 Arm DB Bentover Rows (Right)

30 Seconds 1 Arm DB Bentover Rows (Left)

>> 4 Rounds <<

30 Seconds DB Reverse Flyes

30 Seconds DB Chest Flyes

>> 4 Rounds <<

30 Seconds DB Deadlifts

30 Seconds DB Shoulder Shrugs

>> 4 Rounds <<

30 Seconds Alternating V Ups

30 Seconds Spiderman Pushups

>> 4 Rounds <<

Side Plank Reach (Right)

Side Plank Reach (Left)

>> 4 Rounds <<

Burpee Butt Kickers

Jump Ropes

>> 4 Rounds <<