

DAY 22 (HIIT - High Intensity Interval Training with Biceps / Triceps)

DB = Dumb Bell

20 Seconds DB Bicep Crazy 8's (RIGHT) + 10 Seconds REST

20 Seconds DB Bicep Crazy 8's (LEFT) + 10 Seconds REST

>> 4 Rounds <<

20 Seconds DB Rocket Launcher Tricep Kick Backs + 10 Seconds REST

20 Seconds Ice Skaters + 10 Seconds REST

>> 4 Rounds <<

20 Seconds DB Cross Body Hammer Curls + 10 Seconds REST

20 Seconds Vertical Jumps + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Tricep Pushups + 10 Seconds REST

20 Seconds Quick Steps + 10 Seconds REST

>> 4 Rounds <<

20 Seconds DB Double Bicep Curls + 10 Seconds REST

20 Seconds High Knees + 10 Seconds REST

>> 4 Rounds <<

20 Seconds DB Overhead Tricep Extension + 10 Seconds REST

20 Seconds Alternating Box Step Downs + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Star Crunches + 10 Seconds REST

20 Seconds DB Russian Twist + 10 Seconds REST

>> 4 Rounds <<