

daily

WORKOUT

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DATE

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NAME:



*Abs, Arms, & Cardio Workout*

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

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DAILY MEALS &  
WATER

THE CIRCUITS

Circuit 1:

- 20 bicep curls to shoulder press
- 40 weighted alt. standing oblique crunches
- 30 seconds skaters

Circuit 2:

- 20 upright row to triceps extension
- 1 minute plank hold
- 30 weight runs per side

Circuit 3:

- 20 rear flyes
- 30 seconds DB press jacks
- 30 straight leg bicycle crunches

Circuit 4:

- 15 pushups w/ alternating DB rows
- 30 opposite knee to elbow mountain climbers
- 30 jackknife abs

Finish with an optional 15-20 minute walk on the treadmill or outside!