

*daily*  
**WORKOUT**

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DATE

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NAME:



*Abs & Arms Circuit Workout*  
COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

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DAILY MEALS &  
WATER:

**THE CIRCUITS**

**Circuit 1:**

- 40 bicycle crunches
- 15 pushups
- 40 mountain climbers

**Circuit 2:**

- 10 lateral shoulder raises
- 10 front shoulder raises
- 1 minute plank hold

**Circuit 3:**

- 4 plank jacks + 4 alternating shoulder taps (5x)
- 12 triceps kickbacks + single leg booty kickback (per side)
- 20 bicep curls to shoulder press

**Circuit 4:**

- 40 weighted crunches
- 10 burpees
- 20 X-ups