

daily
WORKOUT

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DATE

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NAME:



Abs & Arms Circuit Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER:

THE CIRCUITS

Circuit 1:

- 30 seconds plank jacks
- 30 seconds dumbbell press jacks
- 40 bicycle crunches

Circuit 2:

- 15 hammer curls
- 15 hammer curls to shoulder press
- 15 shoulder press

Circuit 3:

- 20 toe touch abs
- 20 weighted crunches
- 20 up/down planks

Circuit 4:

- Biceps 21's
- 30 alternating standing oblique pulls
- 10 woodchops per side