

Abs & Arms Circuit Workout

Complete 3 rounds of each circuit

20 overhead triceps extensions

CIRCUIT
ONE



1 minute alt. shoulder tap planks



20 up/down planks

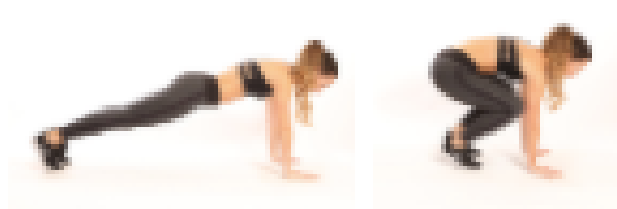


20 weighted butterfly crunches w/ alt. toe touch

CIRCUIT
TWO



30 seconds snap jumps



40 bicycle crunches



20 alt. back lunge with hammer curl (10 per side)

CIRCUIT
THREE



10 burpees



12 pushups

