

Abs & Arms Circuit Workout

Complete 4 rounds of each circuit

20 bent over rear flyes

CIRCUIT ONE



1 minute mountain climbers



12 static lunge with DB twist
per side



20 weighted butterfly crunches w/ alt. toe
touch

CIRCUIT TWO



1 minute DB press jacks

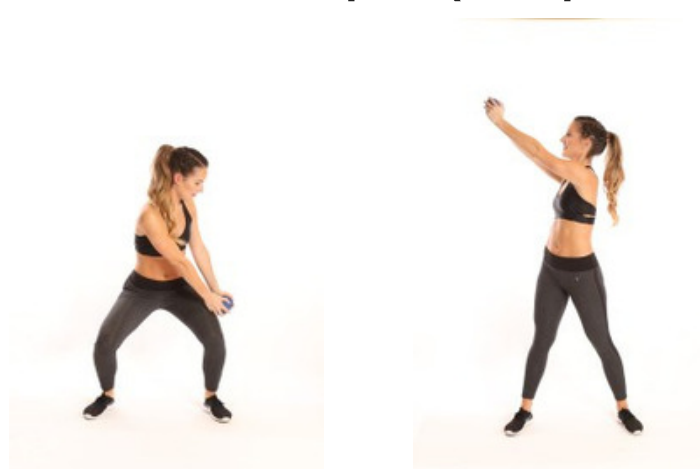


30 seconds weight runs (per side)



20 woodchops (10 per side)

CIRCUIT THREE



10 burpees with 2 jumping jacks



12 pushups

