

30/30 / 10 sec rest

**SHOULDERS**

shoulder press



Front Raise



lateral raise



upright row



X body  
add squat



Rear Delt  
raise



Cardio between above  
exercises :  
JUMPING JACKS

30/30 / 10 sec rest

**TRICEPS**

*Dips*



*skull crusher*



*tricep extension  
seated on the  
Ball*



*tricep kick-  
back*



*press up  
\* elbows in*



Cardio between above  
exercises :  
JUMP ROPE

50 sec / 10 rest

**AB'S**

crunch



Russian twist  
left



repeat other side



toe touch crunch



reverse crunch



30/30 / 10 sec rest

**CHEST**

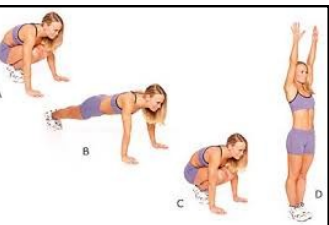
chest press



Chest flies



push ups



Cardio between above exercises :  
**BURPEE**

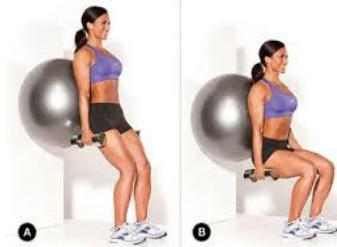


Cardio between above exercises :  
**STEP UPS**

30/30 / 10 sec rest

**LEGS**

Narrow squats



lunge back & kick



Repeat ( other leg )

Sumo squat



Swings



50 sec / 10 rest

**CORE**

knee tucks



scissors



crunch wide v



Oblique ( right )



obliques ( left )



30/30 / 10 sec rest

**BACK**

lat pull downs



Seated row



bent over row  
\* palms down



lawnmower  
row  
\* palms down  
then turn in  
on row



Renegade row



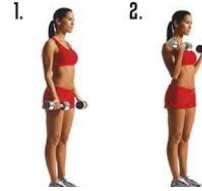
Cardio between above  
exercises :  
HIGH KNEES



30/30 / 10 sec rest

**BICEPS**

*Bicep curls*



*hammer curls  
alternate*

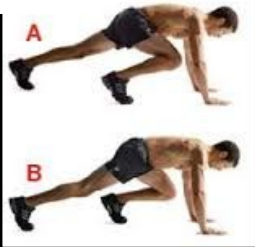


*concentrated curl*



© JEFT

Cardio between above  
exercises :  
MOUNTIAN CLIMBERS



50 sec / 10 rest

**CORE**

overhead ab 's



reverse crunch



star ab 's



straight ab 's



plank hold

