

Upper Body / Core

Workout 05

Shoulders / Biceps

Front Raises w / (DB)

Sets / Reps

4 x 10 - 12

ABS / Core

Plank

Sec / Minutes

1 min

Shoulders / Biceps

Lateral Raises w / (DB)

Sets / Reps

4 x 8 - 10

ABS / Core

Plank Crunches

Sec / Minutes

30 secs

Shoulders / Biceps

Curls w / (DB)

Sets / Reps

4 x 12

ABS / Core

Rest

Sec / Minutes

...

Shoulders / Biceps

(Biceps) Static Holds w / (DB)

Sets / Reps

4 x (1min)

ABS / Core

Toe Touches

Sec / Minutes

30 secs

Shoulders / Biceps

Jog in Place

Sets / Reps

45 sec

ABS / Core

Crunches

Sec / Minutes

25 secs