

Upper Body / Core

Workout 02

(A) Chest / Shoulders

Sets / Reps

ABS / Core

Sec / Minutes

Push - ups

4 x 10

Plank

1 min

(A) Chest / Shoulders

Sets / Reps

ABS / Core

Sec / Minutes

Lateral raises w / (DB)

4 x 12

Side Plank (each side)

30 sec (each side)

(A) Chest / Shoulders

Sets / Reps

ABS / Core

Sec / Minutes

Decline Push - UPs

4 x 10

Plank Crunches

30 sec

(A) Chest / Shoulders

Sets / Reps

ABS / Core

Sec / Minutes

Shoulder Press w / (DB)

4 x 12

Knee Tucks

30 sec

(A) Chest / Shoulders

Sets / Reps

ABS / Core

Sec / Minutes

Burpees

4 x 12

Plank

1 min