

A woman with her hair in a bun is seen from behind, lifting a barbell overhead. She is wearing a white sports bra with the word 'VIRUS' on the back. The background is a brick wall with gym equipment.

Upper Body / Core

Workout 01

(A) Chest/Triceps

Push-ups

Sets / Reps

4 x 10

ABS / Core

Plank Jacks

Sec / Minutes

25 sec

(A) Chest/Triceps

Dips

Sets / Reps

4 x 10

ABS / Core

Plank

Sec / Minutes

1 min or 2 min

(A) Chest/Triceps

Chest Press w / (DB)

Sets / Reps

4 x 10

ABS / Core

Knee Tucks

Sec / Minutes

25 sec

(A) Chest/Triceps

Overhead Tricep Extensions w / (DB)

Sets / Reps

4 x 10

ABS / Core

Bicycles

Sec / Minutes

30 sec

(A) Chest/Triceps

Star Jumps

Sets / Reps

4 x 10

ABS / Core

Crunch

Sec / Minutes

30 sec