

## Upper Body / Core

## Workout 03

### (A) Biceps / Triceps

### Sets / Reps

Curls w / (DB)

4 x 12

### ABS / Core

Curls w / (DB)

### Sec / Minutes

30 secs

### (A) Biceps / Triceps

### Sets / Reps

Tricep Kickbacks w / (DB)

4 x 12

### ABS / Core

Single Leg Lifts

### Sec / Minutes

30 secs (each leg)

### (A) Biceps / Triceps

### Sets / Reps

Hammer Curls

4 x 15

### ABS / Core

6 inches

### Sec / Minutes

1 min

### (A) Biceps / Triceps

### Sets / Reps

Dips

4 x 15

### ABS / Core

Penguin Crunch

### Sec / Minutes

30 secs

### (A) Biceps / Triceps

### Sets / Reps

Jumping Jacks

4 x 20

### ABS / Core

Leg Lifts

### Sec / Minutes

30 secs