

Monday strength

26 minutes total

9 minutes of Circuit 1 (3x)

1 minute rest

9 minutes of Circuit 2 (3x)

1 minute rest

3 minutes of Circuit 1

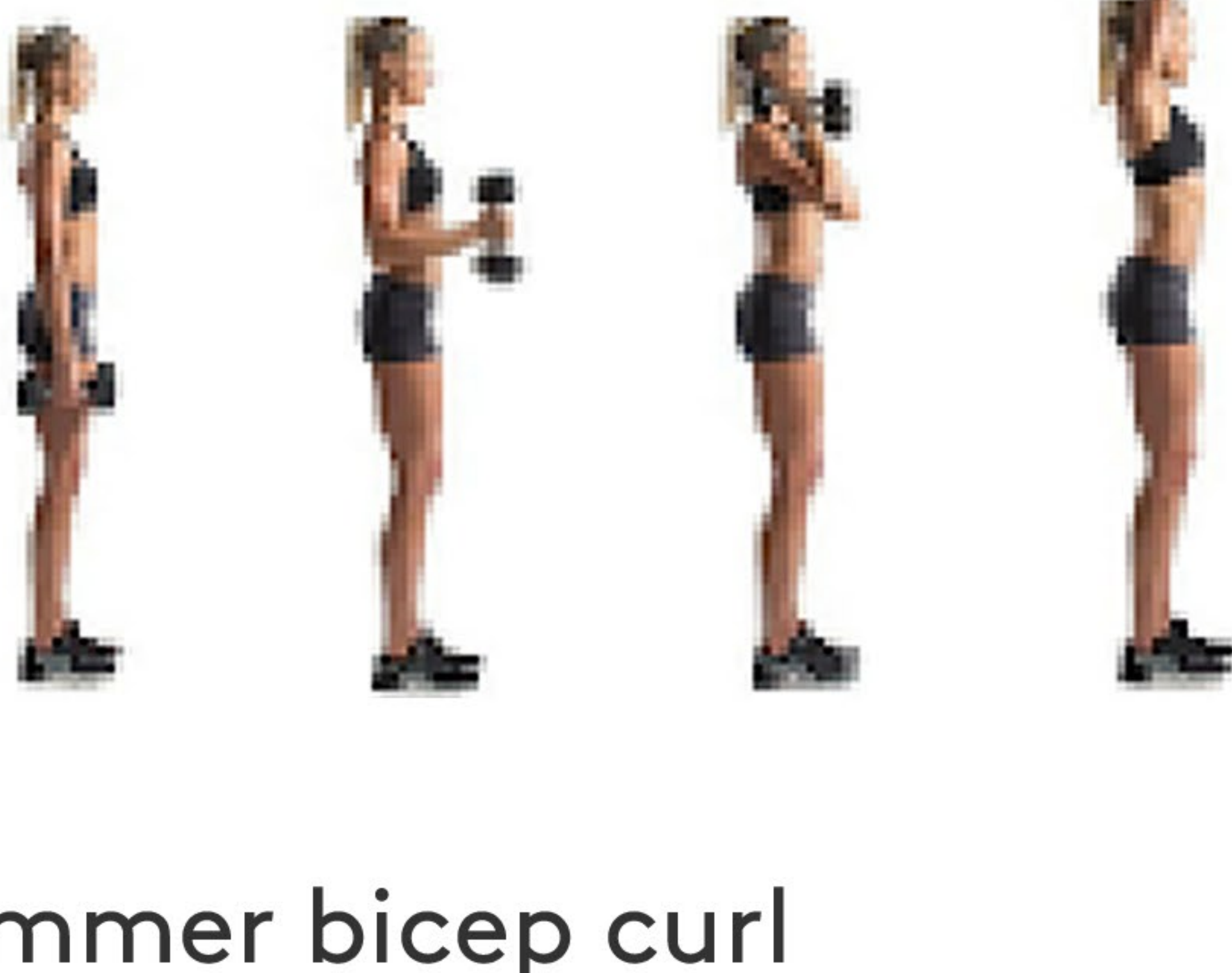
3 minutes of Circuit 2

Circuit 1 45s each exercise

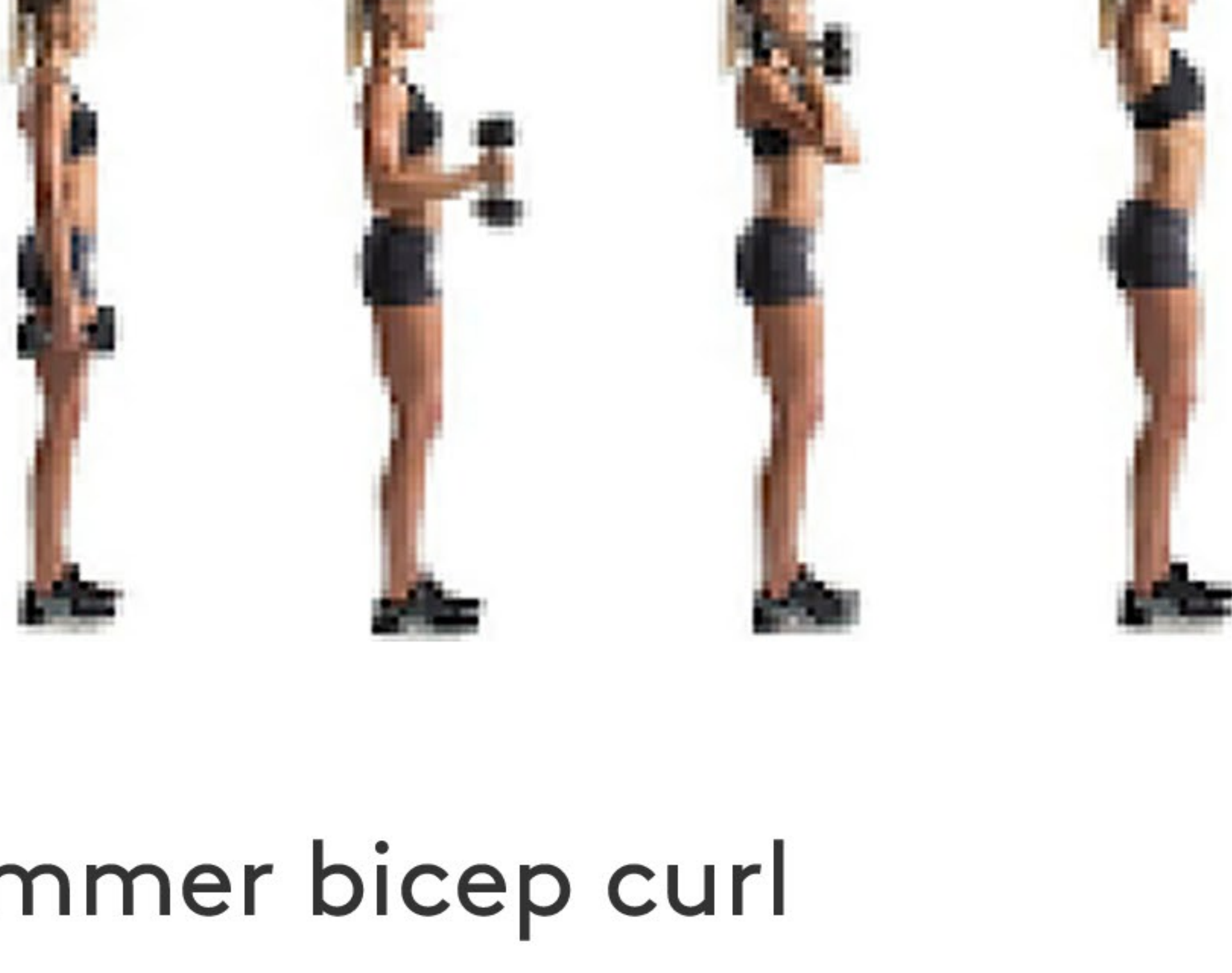
Hammer bicep curl



Hammer bicep curl



Hammer bicep curl

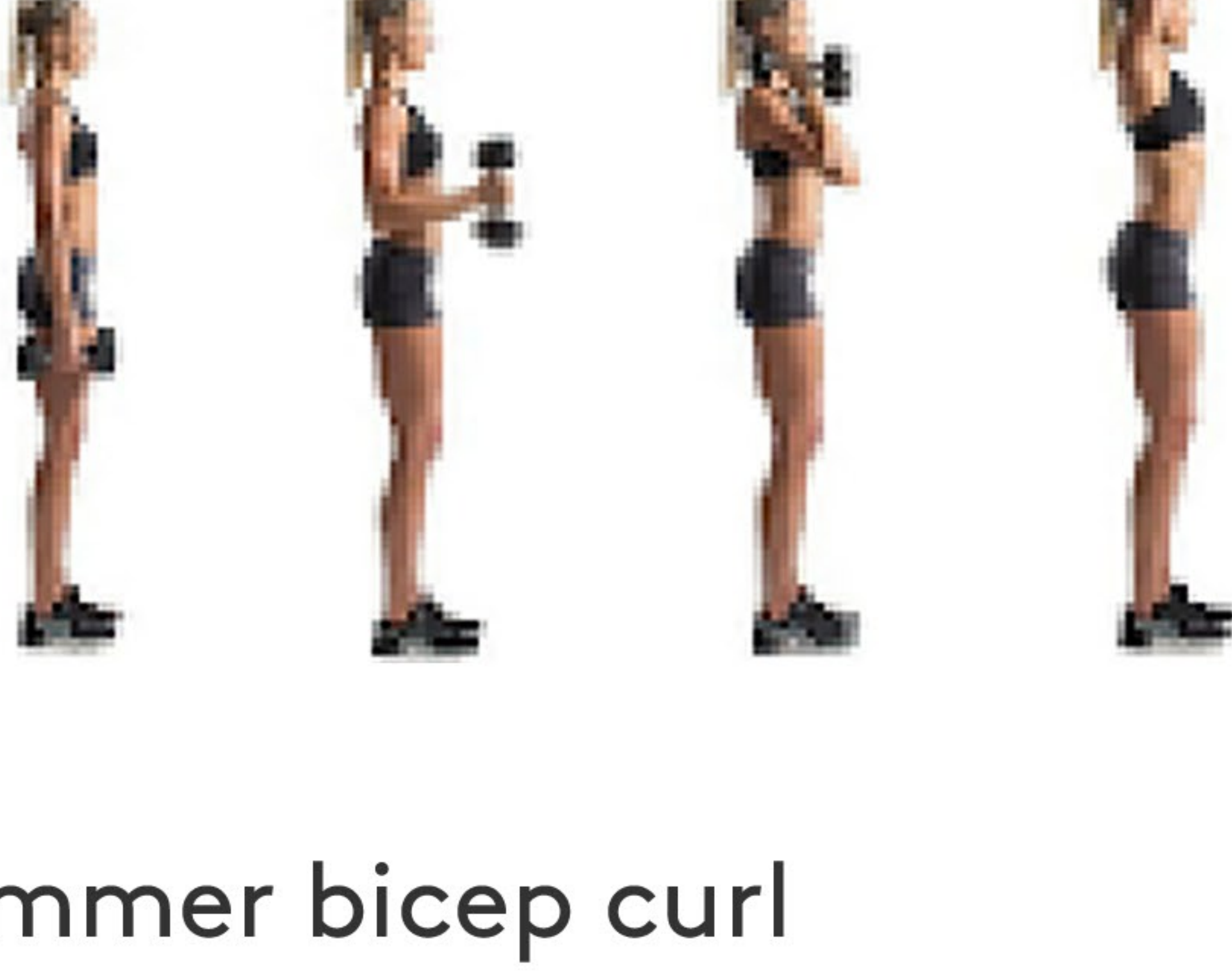


Hammer bicep curl

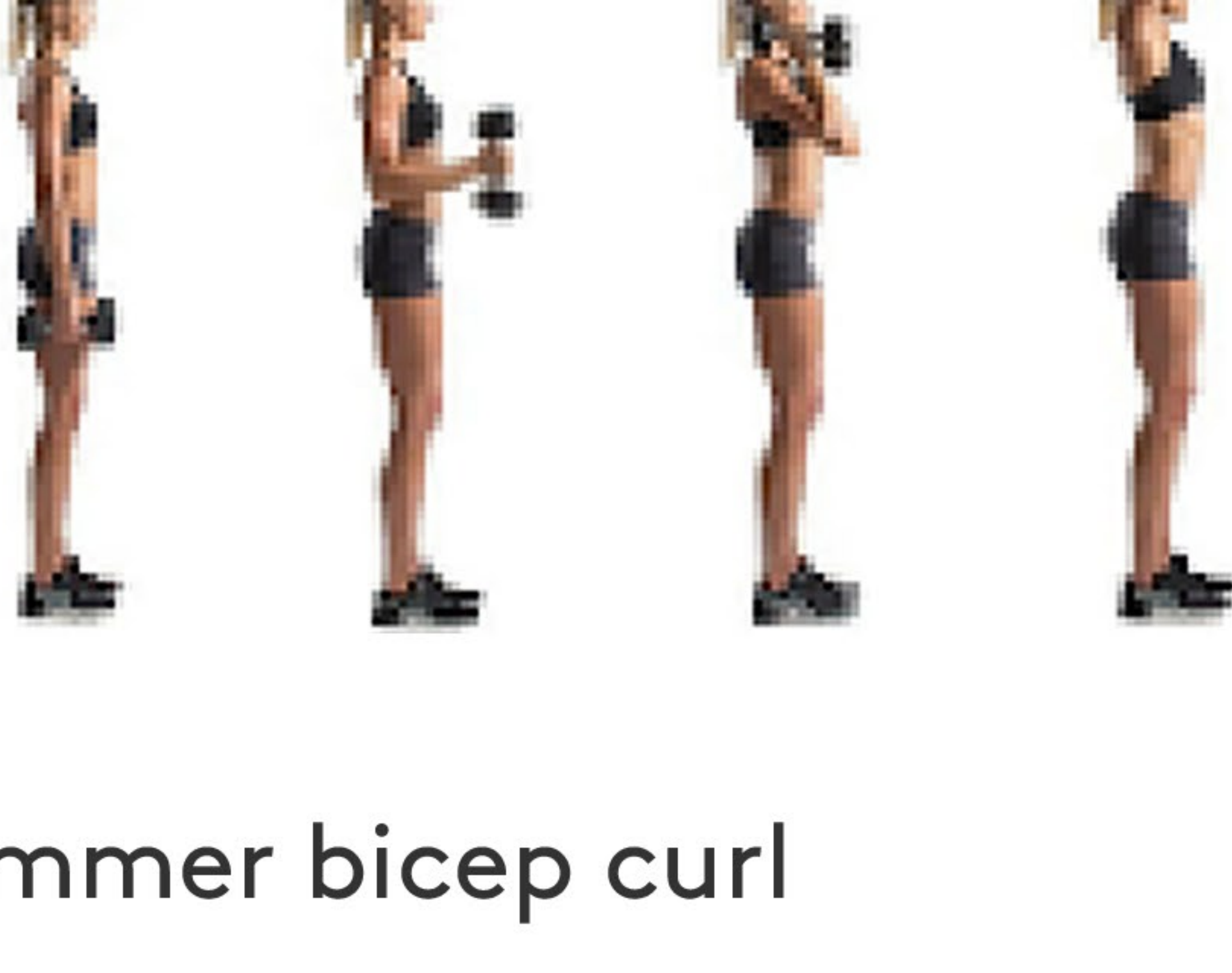


Circuit 2 45s each exercise

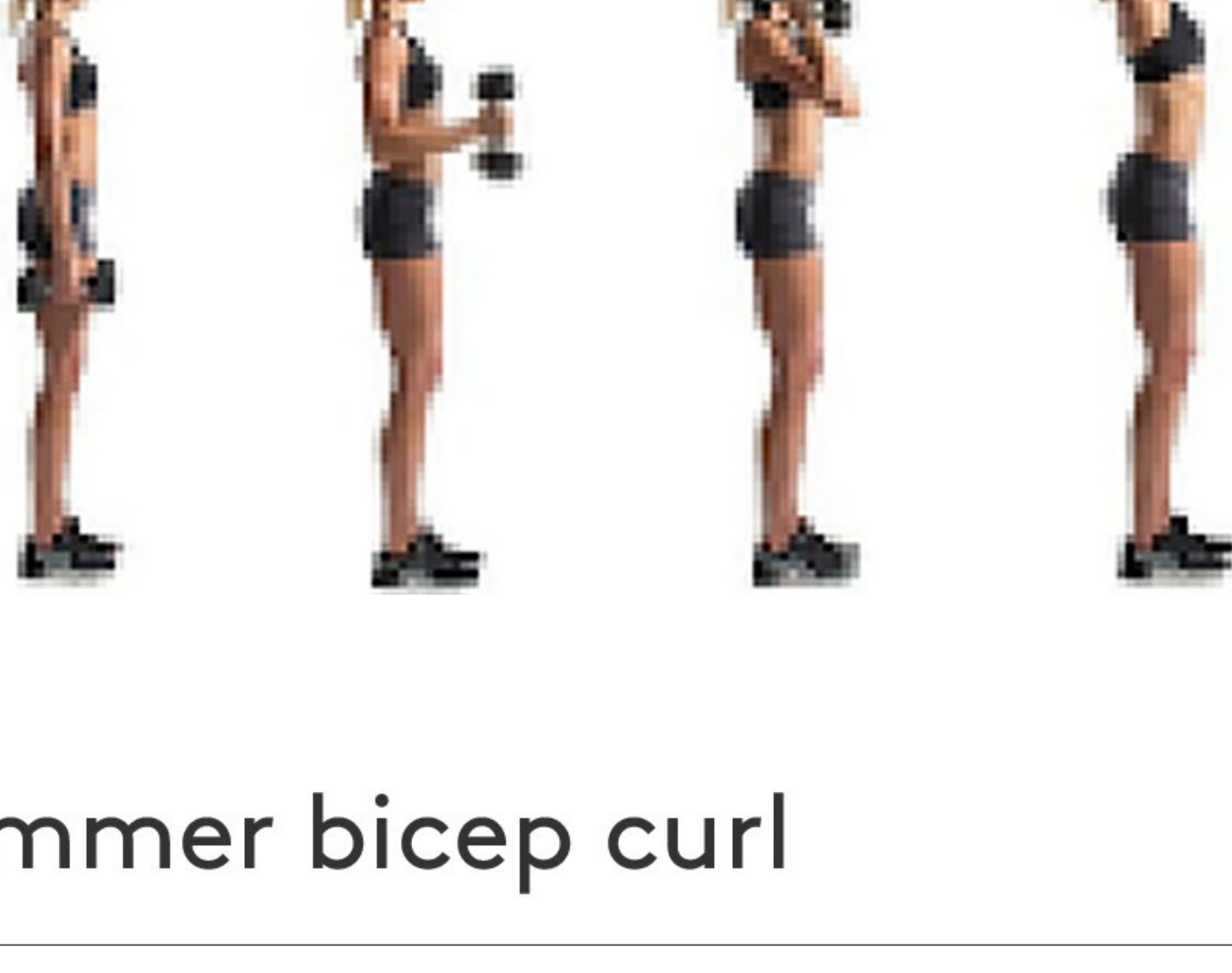
Hammer bicep curl



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