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 eac	h exercise	
Hamme	r bicep	curl		
Hamme	r hicen			
Hamme				
Hamme	rbicep	curl		
Circuit 2		45s eac	th exercise	
Circuit 2			h exercise	
Hamme	r bicep	curl	h exercise	
Hamme	r bicep	curl	h exercise	
Hamme	r bicep	curl	th exercise	