



ARMS

BODY WEIGHT



6 PERCENT

F I T N E S S



BEFORE YOU START

1. Go through each exercise to complete 1 full set!
2. Focus on proper form
3. Focus on FULL muscle contraction
4. If circuits are not done to exhaustion -> INCREASE the amount of reps
5. If unable to finish an entire circuit -> DECREASE the amount of reps



6 PERCENT
F I T N E S S

AB GENERATOR

<https://ab-generator-1.web.app/home>

CIRCUIT 1

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Push-Ups	Decline Pushups	Dips	Incline Push-Ups	Pike Push-Ups
Reps	10	10	10	10	10
Sets & Rest	3-4 sets 2 min. rest between each cycle				

CIRCUIT 2

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Archer Push-Ups	Elevated Pike Push-Ups	Diamond Push-Ups	Incline Push-Ups	Pull Ups
Reps	5 each side	10	10	10	10
Sets & Rest	3-4 sets 2 min. rest between each cycle				

CIRCUIT 3

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4
Exercise	Dive Bomber Push-Ups	Staggered Push-Ups	Wide Push-Ups	Inverted Rows
Reps	10	10 on both staggers	10	10
Rest & Sets	3-4 sets 2 min. rest between each cycle			

CIRCUIT 4

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Diamond Pushups	Alternating Cross Bench Dips	Mantis Push-Ups	Incline Push-Ups	Pike Push-Ups
Reps	10	10	10	10	10
Rest & Sets	3-4 sets 2 min. rest between each cycle				

CIRCUIT 5

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Eccentric Push-Ups	Decline Push-Ups	Incline Push-Ups	Static Push-Up Holds	Wall Handstand Holds
Reps	10	10	10	15 sec.	15 sec.
Rest & Sets	3-4 sets 2 min. rest between each cycle				

CIRCUIT 6

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Push-Ups	Diamond Push-Ups	Wide Push-Ups	Body Weight Tricep Extensions	Pull Ups
Reps	10	10	10	10	10
Rest & Sets	3-4 sets 2 min. rest between each cycle				