

\*\*\*Unofficial\*\*\*



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Arms And Abs 50 Minutes											
DATE / WEEK											
Warm-Up											
Round 1	1	Curcles	In	W____	R____	W____	R____	W____	R____	W____	R____
			Out	W____	R____	W____	R____	W____	R____	W____	R____
	2	Alternating Supinating Hammers		W____	R____	W____	R____	W____	R____	W____	R____
	3	Triceps Extension Press Combo		W____	R____	W____	R____	W____	R____	W____	R____
	4	Yogi Bicycle		R____		R____		R____		R____	
5	Wide Crunch		R____		R____		R____		R____		
Water Break											
Round 2	6	Goblet Curls		W____	R____	W____	R____	W____	R____	W____	R____
	7	Elbow Kickback Curls		W____	R____	W____	R____	W____	R____	W____	R____
	8	Triple Kickers		W____	R____	W____	R____	W____	R____	W____	R____
	9	Eccentric Supine Back Hand Ext.		W____	R____	W____	R____	W____	R____	W____	R____
	10	Jack Knife Crunches		R____		R____		R____		R____	
11	Calf Clappers		R____		R____		R____		R____		
Water Break / STOP OPTION											
Round 3	12	High & Tight Curls		W____	R____	W____	R____	W____	R____	W____	R____
	13	Heavy Curls		W____	R____	W____	R____	W____	R____	W____	R____
	14	Standing Shoulder Triceps Ext.		W____	R____	W____	R____	W____	R____	W____	R____
	15	Wrist Flickers		W____	R____	W____	R____	W____	R____	W____	R____
	16	The Tasha Two Crunch Sit-Up		R____		R____		R____		R____	
Water Break / STOP OPTION											
Burnout	17	Hammer 5 Biceps 5 (1 Min)		W____	R____	W____	R____	W____	R____	W____	R____
	18	Triceps Dips		R____		R____		R____		R____	
	19	Scissor Burnout		W____	R____	W____	R____	W____	R____	W____	R____
Cool Down											

**Required Equipment:** Dumbbells, Mat, Bench/Sturdy Chair/Yoga Block

**Recommended Equipment:**