

Circuit Total body with Arm Emphasis

Warm up 5 mins.

All exercises are 12 reps - no rest between and 2 or 3 times through circuit with 3 mins rest between each time through. Cardio is separate.

1. Barbell Curls
2. Tricep Press ups
3. Hammer Curls
4. Tricep Press downs
5. Barbell Bench Press
6. Front Raises
7. Calf Raises
8. Crunches on the ball

Cardio - 20 mins – 1 degree incline

Alternate 1 min easy , 1 min hard