

During today's workout, dig deep and find that inner strength! You are amazing!

Back, Chest and Shoulders

Ready to kill it???

Warm up 5 to 10 min.

Circuit 1 (Back) Repeat 2Xs:

1. 1 min High Int Jumping Jacks
2. 15 Single Arm Rows on each arm
3. 15 Burpees
4. 20 Lat Pull Downs
5. 1 min High Knees
6. 1 min Supermans
7. 1 min Step Ups

Circuit 2 (Chest) Repeat 2Xs:

1. 1 min Butt Kicks
2. 1 min Push Ups
3. 1 min Mtn. Climbers
4. 25 Chest Flies on ball
5. 1 min Squat Jumps
6. 20 Chest Presses
7. 1 min Jump Ups (or Lunges on a bench)

Circuit 3 (Shoulders) Repeat 2Xs:

1. 1 min Quick Feet
2. 20 Shoulder Presses
3. 1 min Jumping Lunges
4. 20 Side Shoulder Raises
5. 1 min Ski Jumps
6. 20 Upright Rows
7. 1 min Jump Rope (Just do the jump rope motion, if you don't have a rope.)

You are sooo DONE! You are one tough ANIMAL! Now go take on the rest of your day!