

Come & Get It!



Get ready to work it! Today is Bicep, Tricep, and Ab day. So when every your ready let go and get it! We will be doing a mixture of cardio and weights. 10 min cardio and then we will hit the weights and do each circuit 2X's through.

Warm up: 5 min

CIRCUIT ONE

Cardio 10 min

1. 15 [Skull Crushers](#)
2. 15 [Close grip push-ups](#)
3. 15 [Preacher Curls](#)
4. 15 on each arm [concentration curls](#)
5. 1 min [Donkey Kicks](#)

CIRCUIT TWO

10 min Cardio

1. 15 [Cable Push Downs](#)
2. 30 [Bench Dips](#)
3. 1 Min [Planks](#)
4. 15 [Bicep Curls](#)
5. 15 [Cable Curls](#)

Repeat Weights

CIRCUIT THREE

10 min Cardio

1. [Bicep Curl Burnout](#)
2. [Tricep Dip Burnout](#)
3. 1 min [Planks](#)
4. 1 min [lying leg hip raise](#)

REPEAT WEIGHTS