



Warm-up

Workout

1 - Deadlift 30 secs

Shoulder Press 30 secs

Combo - 2 deadlifts, 2 shoulder press, repeat for 1 min

2 - Squat 30 secs

Bicep curl 30 secs

Combo - 2 squat, 2 bicep curl, repeat for 1 min

Double Combo - 4 deadlift, 4 shoulder press, 4 squat, 4 bicep curl. repeat for 2 mins.

3 - Overhead Tri extension 30 secs

Reverse Flyes 30 secs

Combo - 2 O/H tri ex, 2 reverse flye, repeat for 1 min

Double Combo - 4 deadlift, 4 shoulder press, 4 squat, 4 bicep curl, 4 tri ext, 4 reverse flies - repeat for 3 mins.

3 rounds - no rest inbetween

Plank /Bear plank 30 secs

Wall Squat

Finisher