

WEEK 4: STRONG LIKE BULL TONED ARMS



Monday's focus is upper body! Complete the work out buy-in by doing 2 x 30 seconds of each exercise. After the buy in, complete the 5 exercise interval by doing 3 x 30 seconds of each exercise with 30 seconds rest. Take 1 minute rest in between exercises and choose Champion, Warrior, or Super Hero to repeat the series.



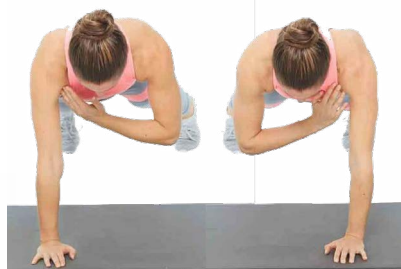
Reverse Flys



Uppercut Punches



Curls



Shoulder Taps

- 1 Buy-in: 2 x 30 seconds of
 - Burpees
 - Crunches
- 2 3 x 30 seconds Reverse Flys
30 seconds rest
- 3 1 minute rest
- 4 3 x 30 seconds Uppercut Punches
30 seconds rest
- 5 1 minute rest
- 6 3 x 30 seconds Curls
30 seconds rest
- 7 1 minute rest
- 8 3 x 30 seconds Shoulder Taps
30 seconds rest
- 9 2 minutes rest & drink some water!
- 10 Champion: Repeat 1 more time
Warrior: Repeat 2 more times
Super Hero: Repeat 3 more times



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break &
& Keep Going!