

DAY 3 (Upper Body – Shoulder Chest Back Abs)

**40 seconds of primary exercise with 20 seconds of planks jacks
– 3 Rounds Per Section**

DB = Dumb Bells

- 1. 40 Seconds Pushups + 20 Seconds Plank Jacks (3 Rounds)**
- 2. 40 Seconds DB Bentover Rows + 20 Seconds Plank Jacks (3 Rounds)**
- 3. 40 Seconds DB Chest Press + 20 Seconds Plank Jacks (3 Rounds)**
- 4. 40 Seconds Reverse Band Flyes + 20 Seconds Plank Jacks (3 Rounds)**
- 5. 40 Seconds DB Alternating Shoulder Pistons + 20 Seconds Plank Jacks (3 Rounds)**
- 6. 40 Seconds Squat Thrust Ice Skaters + 20 Seconds Plank Jacks (3 Rounds)**
- 7. 40 Seconds DB Front to Lateral Raises + 20 Seconds Plank Jacks (3 Rounds)**
- 8. 40 Seconds Supermans + 20 Seconds Plank Jacks (3 Rounds)**
- 9. 40 Seconds Toe Touches + 20 Seconds Plank Jacks (3 Rounds)**
- 10. 40 Seconds Bicycle Crunches + 20 Seconds Plank Jacks (3 Rounds)**