

DAY 14 (Upper Body)

DB = Dumb Bell

20 Seconds In and Out Pushups + 10 Seconds Rest

20 Seconds DB Alternating Bentover Rows + 10 Seconds Rest

20 Seconds DB Double Clean & Press + 10 Seconds Rest

20 Seconds DB Swings + 10 Seconds Rest

20 Seconds Alternating DB Upright Rows + 10 Seconds Rest

20 Seconds Jump Tucks + 10 Seconds Rest

20 Seconds V Ups + 10 Seconds Rest

>> 4 Rounds <<