

DAY 10 (HIIT – High Intensity Interval Training with Biceps / Triceps)

DB = Dumb Bell

40 Seconds DB Double Bicep Curls

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds DB Tricep Skull Crushers

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds DB Jumping Jacks

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds DB Double Hammer Curls (Arms Out At Sides)

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds DB Overhead Tricep Extensions

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds Squat Thrust Plank Jack

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds DB Reverse Grip Bicep Curls

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds DB Tricep Kickbacks

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds Plank Jacks

20 Seconds Burpees

>> 3 Rounds <<

40 Seconds Ab Crunches

20 Seconds Burpees

>> 3 Rounds <<