

## **DAY 26 (Upper Body)**

**DB = Dumb Bell**

**SB = Stability Ball**

**3 Minutes per Station – 12.10.8.6 Reps**

### **STATION 1**

**Staggered Pushups**

**Burpees**

### **STATION 2**

**DB Renegade Rows**

**Burpees**

### **STATION 3**

**DB Push Press**

**Burpees**

### **STATION 4**

**Band Pull Downs**

**Burpees**

### **STATION 5**

**SB DB Chest Press**

**Burpees**

### **STATION 6**

**Supermans**

**Burpees**

### **STATION 7**

**Bicycle Crunch Sprinter**

**Burpees**