

DAY 28 (HIIT – High Intensity Interval Training)

DB = Dumb Bell

30 Minutes – AMRAP (As Many Rounds As Possible) 10 Reps Per Exercise

- 1. Burpee**
- 2. DB overhead tricep extension**
- 3. DB frog hops**
- 4. DB double bicep curls**
- 5. DB swings**
- 6. DB skull crushers**
- 7. Box Jumps**
- 8. DB double hammer curls**