

DAY 16 (HIIT - High Intensity Interval Training with Biceps / Triceps)

DB = Dumb Bell

SECTION 1 (5 Mins Per Section / 10 Reps Per Exercise)

- 1. DB Overhead Tricep Extension**
- 2. 1 Arm Band Bicep Curls**
- 3. Vertical Jumps Mountain Climbers (1:4)**

SECTION 2 (5 Mins Per Section / 10 Reps Per Exercise)

- 1. DB Tricep Kickbacks**
- 2. DB Alternating Bicep Curls**
- 3. Ice Skaters Mountain Climbers (1:4)**

SECTION 3 (5 Mins Per Section / 10 Reps Per Exercise)

- 1. Chair Tricep Dips**
- 2. DB Double Bicep Curls**
- 3. Jumping Jacks Mountain Climbers (1:4)**

SECTION 4 (5 Mins Per Section / 10 Reps Per Exercise)

- 1. Close Grip Tricep Pushups**
- 2. DB Alternating Hammer Curls**
- 3. Vertical Jumps Mountain Climbers (1:4)**

SECTION 5 (5 Mins Per Section / 10 Reps Per Exercise)

- 1. Burpee with Double Tricep Pushups**
- 2. DB Double Hammer Curls**
- 3. Ice Skaters Mountain Climbers (1:4)**

SECTION 6 (5 Mins Per Section / 10 Reps Per Exercise)

- 1. Jab LEFT Jab RIGHT Kick (LEFT) Kick (RIGHT)**
- 2. Box Jumps**
- 3. Jumping Jacks Mountain Climbers (1:4)**