

## Upper Body Sculpt #6: Back Blaster

|   |                     |
|---|---------------------|
| <b>Set 1: Perform 1-4 times with no break</b>                   | <b>Reps</b>         |
| Lat Pull-Downs  | 10-15 total         |
| Push-up Rows  | 10-15 total         |
| Cardio Interval: 3 x 10- sec bear crawls (fast!) w/ 10-sec rest |                     |
| <b>Set 2: Perform 1-4 times with no break</b>                   | <b>Reps</b>         |
| Single Leg Lunge w/ Single Arm Row                              | 10-15 total         |
| Reverse Pull-up   | 10-15 total         |
| Cardio Interval: 3 x 10- sec bear crawls (fast!) w/ 10-sec rest |                     |
| <b>Set 3: Perform 1-4 times with no break</b>                   | <b>Reps</b>         |
| Double Arm Row (w/ Single Leg Balance opt)                      | 10-15 total         |
| Rear Delt Fly (w/ Single Leg Balance opt)                       | 10-15 total         |
| Cardio Interval: 3 x 10- sec bear crawls (fast!) w/ 10-sec rest |                     |
| <b>Set 4: Perform 1-4 times with no break</b>                   | <b>Reps</b>         |
| Pour The Milks  | 10-15 total         |
| Pull-Ups  | 10-15 total         |
| Cardio Interval: 3 x 10- sec bear crawls (fast!) w/ 10-sec rest |                     |
|   |                     |
| <b>10 Minute Abs</b>  | <b>Time</b>         |
| Decline sit-ups (or just regular sit-ups)                       | 50 sec/ rest 10 sec |
| Around the Worlds   | 50 sec/ rest 10 sec |
| V-Sit Knee-ins w/ weight  | 50 sec/ rest 10 sec |
| Repeat 2 More Times!!   |                     |
| Heels to Heaven   | 1 min               |