

Upper Body Sculpt #4

Set 1: Perform 1-4 times with no break	Reps
Incline Chest Press	8-15 total
Incline Chest Fly	8-15 total
Lawn-Mowers	8-15 each side
Cardio Interval: 1 minute High Knee Skips	
Set 2: Perform 1-4 times with no break	Reps
Wide-Grip Lat Pull-Down	8-15 total
Seated Cable Row	8-15 total
Hyperextensions on Stability Ball (or Supermans)	12-15 total
Cardio Interval: 1 minute Chair Frog Squat	
Set 3: Perform 1-4 times with no break	Reps
Rope/Band Triceps Push-Down	8-15 total
Alternating Biceps Curl	8-15 each side
Upright Row with Calf Raise	8-15 total
Cardio Interval: 1 minute Bounding Skipping	
Bonus Giant Set	Reps
Repeat from the top and perform all 9 exercises once (omit cardio)	15 reps of each
10 Minute Abs	Time
Table Saw	45 sec/ rest 15 sec
V Sit with Cross-Leg Lower	45 sec/ rest 15 sec
Seated or Hanging Around the World Leg Raise	45 sec/ rest 15 sec
Repeat 2 More Times!!	
Ab Roll-Out (with Ab Wheel, Skateboard or Towel)	1 min