

Upper Body Sculpt #5

Set 1: Perform 1-4 times with no break	Reps
Wide-Narrow Push-Ups	8-15 total
Incline Bench Press	8-15 total
Chest Flys	8-15 total
Cardio Interval: 1 minute 10 High Knees + 10 Mountain Climbers	
Set 2: Perform 1-4 times with no break	Reps
Seated Incline Bicep Curls	8-15 total
High Bicep Curls w/ Alt Curtsy Squat	8-16 total curls
Incline Bench Medial Raise	8-15 total
Cardio Interval: Lateral Side Hops	
Set 3: Perform 1-4 times with no break	Reps
Tricep Rope Pushdown	8-15 total
Tricep Dips	8-15 total
Pull-ups	8-15 total
Cardio Interval: 1 minute Stair Run (or skip rope)	
Bonus Giant Set	Reps
Repeat from the top and perform all 9 exercises once (omit cardio)	15 reps of each
10 Minute Abs	Time
Pikes with Shoulder Press	50 sec/ 10 sec rest
Hanging Abs	50 sec/ 10 sec rest
V-Sit, alt sides	50 sec/ 10 sec rest
Repeat 2 More Times!!	
Superman-Banana	1 min