

Week 6 – 19 Feb 2017

Warm up – (5 mins)

General

Upper body

Circuit – sections 1min per move

Chest (5 mins)

Press up

Flyes

DB press

Press

Press up

Back (6 mins)

BOR – OAR – BOR - OAR

Shoulders (5 mins)

OHP

Front DB raise

Side DB raise

Rear DB raise

OHP

Arms (6 mins)

BB Curl

French press

DB hammer curls

Lying tricep DB extension

DB curls (together)

Tricep kickback

BB curl

Legs

Walking lunges with DB presses

Abs (10 mins)

Leg Raises

Flutter

Scissors

Crucifix

Plank variations

Mobility – (10 mins)

Arms

Neck – 4 way