



PUMPED

LEGS repeat all rounds x3

Round 1-60s | Round 2-30s | Round 3-15s

- Squats pulses
- Lunge pulses alternating
- RDL- Single leg alternating
- Gulte Bridges

ARMS repeat all rounds x2

Round 1-60s | Round 2-30s | Round 3-15s

- Chest press single arm alternate
- Single arm Bicep curls
- Shoulder press single arm alternate
- Lateral & Front raise
- Single arm bent over row alternate
- Tricep overhead single arm alternate