

Wednesday
1 & 3

ARMS & ABS

Push ups
Medicine ball squat & press
Lay down push ups
Tricep dips

Mountain climber
Ab bikes
Sit ups with twist
Straight leg sit ups

CIRCUIT ONE

15 reps Push ups



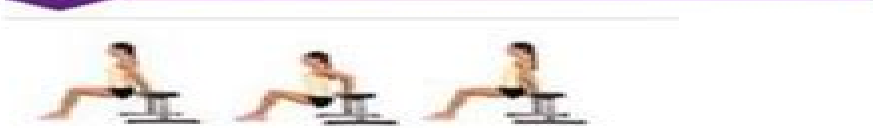
15 reps Medicine ball squat & press



15 reps Lay down push ups



15 reps Tricep dips



CIRCUIT TWO

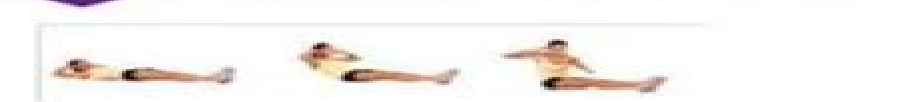
40 reps Mountain climbers (20 per leg)



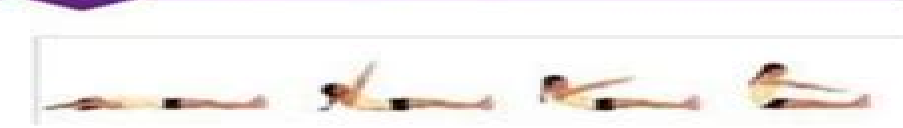
40 reps Ab bikes (20 per side)



30 reps Sit ups with twist (15 each side)



15 reps Straight leg sit ups



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Mike Jess



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