

Strong and Sleek Arms and Abs

Group 1:

12 Reps Chest Presses

2 Reps Upright Rows

1 Min Circle Crunches

x3

Group 2:

12 Reps Shoulder Presses

12 Reps Tricep Dips

1 Min Hip Twisters

x3

Group 3:

12 Reps Reverse Flys

12 Reps Hammer Curls

1 Min Double Leg Lifts

x3

Group 4:

12 Reps Lateral+Front Raises

2 Reps Lateral Pulses

1 Min V-Ups

x3