

## Session 3:

### **Every Minute on the Minute – Complete 3 Sets, Rest After Every Set**

15-20 Bent Over Rows

15-20 Overhead Presses

15-20 DB Squats

10-12 Stiff Legged Deadlifts

10-12 Burpees

15-20 Push Ups

### **Finisher:**

6 Minute AMRAP – As Many Rounds As Possible

Add 2 reps after every round – 2 Reps for round 1, 4 reps for round 2, 6 reps for round 3 etc. until the 6 minute round is over. Keep increasing your reps and aim to go as high as you can in 6 minutes.

### **Circuit 1: (6 Minutes)**

2 Squat + Presses

2 Biceps Curls

### **Circuit 2: (6 Minutes)**

2 Reverse Lunges

2 Triceps Kickbacks/Extensions

### **Ab Work**

40s On, 20s Off

Complete 1 Round

Zombie Sit Ups

Twisting Ab Crunches (L)

Twisting Ab Crunches (R)

Scissor Kicks

Side Planks (L)

Side Planks (R)

Low Planks

High Planks