



inflation



Do set 1 of each exercise in A before resting and starting the second round of A. After 3 rounds move to B in the same format, then C

Circuit	Exercise	Sets/Reps	Notes
A	DB Chest Press	3 x 10	Keep back flat, 45 degree angle at the armpit
	Bench Supported Row	3 x 10 each	Broad chest, hips square to the ground
	Ukrainian Twists	3 x 10 each way	Weight optional to make it harder
<i>Minimal rest, 3 rounds</i>			
B	Tall Kneeling Arnold Press	3 x 8	Keep ribs down/core tight, twist the dumbbells as you press
	Bentover Reverse Fly	3 x 8	broad chest, weight back in hips with soft knees
	Plank Saws	3 x 12	Pause for 1 full second on each, don't let hips sag/low back over arch
<i>Minimal rest, 3 rounds</i>			
C	Palms Up Bicep Curls	3 x 12	Soft knees, only move from the elbow
	Alternating Nose Breakers	3 x 12 each	Only move from the elbow
	Lateral Raises	3 x 12	Try not to shrug shoulders
<i>Minimal rest, 3 rounds</i>			