

HOME BICEPS WORKOUT 3/17

Try using the Interval Timer App for this workout. It's user friendly and makes the workout more fun!



High plank -bicep curl R x 25 then L

On back: Bench Press R weight up to L toe as L leg goes down/up x 30. Other side

Fast Feet x 30 seconds—drop for high plank and hold 10---jump up High knees 30 seconds—hold high plank 10 seconds. Continue to alternate for a total of 8 rounds.

Standing L arm holding weight, forearm parallel to ground. R arm bicep curl full extension holding R knee up x 30. Repeat other side.

Sumo squat hold low x 30 seconds, pulse ½ way up x 30 seconds, all the way up/down x 30 reps (option-hold weight under chin)

Perform All 8, Then take one away each round:

1. Plie squat jump 3/1 up x 10
2. Standing Mountain Climbers x 20 double count
3. Push up spiderman knees x 10
4. Starburst Jumps 10
5. Squat Thrust 10
6. Squat Side Leg lift 20
7. Plank Jack Push Ups 10
8. Run high knees 50

Abs: TableTop crunches x 1 minute.

V-ups x 1 min

Repeat for total of 3 rounds (option-use 5 lb weighted ball between knees on crunches and hold in hands for V-ups)

Side crunch x 1 minute each side (option- push ball up to feet)

Stationary lunges x 25 each side with bicep curls.

Tricep Push ups x 30 (2 sets of 15)

Lying side leg lifts x 50 + top knee in/out x 50. Repeat other side

Standing mountain climbers 20 seconds—drop for high plank and hold 10---jump up Jumping Jack touch x 20 seconds—hold high plank 10 seconds. Continue to alternate for a total of 6 rounds.