

Exercise	Reps	Weight	Reps	Weight	Reps	Weight
Warm Up						
Bike	10 mins					
Exercises						
bicep curls	7	6ea	7	6ea	7	6ea
half bicep curl	7	6ea	7	6ea	7	6ea
tricep extension	7	6ea	7	6ea	7	6ea
prone hold	1min		1min		1min	
lateral pull down	16	35	16	35	16	35
cable fly	16	20	16	20	16	20
sumo squats	12	6	12	6	12	6
MB front support	20		20		20	
Pull ups	20		20		20	
single leg squats	10es		10es		10es	
Stretch						

Make sure to stretch and warm down after your work out or you'll really feel it the next day.

