

Standing Shoulder Press x20 (Single Arm Alternating)

Hello Dolly x20 (Cadence)

Kettlebell Swings x25

Air Drama (Low Slow Squat up to Calf Raise)

Hammer Curls x25

Shoulder Taps (Plank position - keep you core tight)

Laying Chest Press x25

Sumo Deadlift x20 (Finish with upright row)

The “UHaul” x10 (Cadence)

Plank Jacks x25

Laying Press x20

American Hammers x20 (Cadence)

Skull Crushers x25

Low Slow Squats x20 (Cadence)



