

arm WORKOUT

free week
OF
workouts

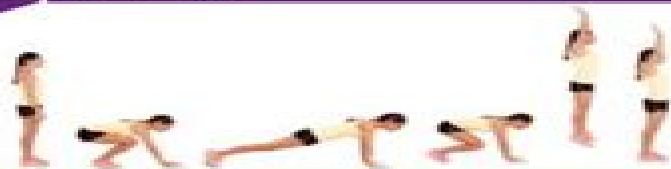
Burpees
Push ups
Tricep dips
Plank

Weighted squat clean & press
Mountain climbers
Commandos
Split push ups

CIRCUIT ONE

10
reps

Burpess



15
reps

Push ups



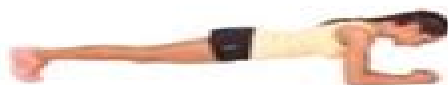
20
reps

Tricep dips (with or without feet raised)



30
sec

Plank



CIRCUIT TWO

12
reps

Weighted squat clean & press



50
reps

Mountain climbers (25 each side)



24
reps

Commandos (12 each arm)



12
reps

Split push ups



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