

JM Fitness Boot Camp TO GO

Written workout #14 - **100% Upper Body**

What You'll need:

#1 - **A Stopwatch**

#2 - **Dumbbells (DB) or Bands**

Instructions = 1 minute of work and 30 seconds of rest. Do each move 2 times and then move on to the next exercise. Take short breaks during the rounds if needed.

Circuit #1

Right Side Bicep Curl

Left Side Bicep Curl

Left Side Lying Tricep Extension (DB)

Right Side Lying Tricep Extension (DB)

Hammer Curls

***** **1 MINUTE BREAK** *****

Chest Press

Reverse Fly

Shoulder Press

Front Raises

Side Raises