

JM Fitness Boot Camp TO GO

Written workout #17 - **100% Upper Body #2**

What You'll need:

#1 - A Stopwatch

#2 - Resistance Bands

Instructions = 30 Seconds of work and 30 seconds of rest. Do each move 3 times and then move on to the next core exercise. Take a 1 Minute break after the first circuit.

Circuit #1

Left Side Raise
Right Side Raise
Left Front Raise
Right Front Raise
Shoulder Press

Circuit #2

Left Side Hammer Curl
Right Side Hammer Curl
Bicep Curl (Both Sides)
Tricep Kickbacks (Both Sides)
Reverse Flys (Both Sides)