

JM Fitness Boot Camp TO GO

Written workout #22 - **100% Upper Body #3**

What You'll need:

#1 - **A Stopwatch**

#2 - **Dumbbells (DB)**

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

DB Bicep Curls

DB Lying Tricep Extensions

DB Hammer Curls

DB Rows (Palms face each other)

DB Chest Press

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

DB Reverse Flys

DB Lying Chest Flys

DB Underhand Rows

DB Shoulder Press

DB Overhand Rows