

# JM Fitness Boot Camp TO GO

## Written workout #25 - **Chest and Back**

What You'll need:

#1 - **A Stopwatch**

#1 - **Dumbbells (DB)**

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. Use Dumbbells for the first 4 movements in each circuit.

### **Circuit #1**

### **Circuit #2**

Right Arm Chest Press

Right Arm Row (Palms in)

Left Arm Chest Press

Left Arm Row (Palms in)

Push Ups

Right Arm Chest Fly

Right Arm Reverse Fly

Left Arm Chest Fly

Left Arm Reverse Fly

Push Ups