

Wednesday
Week
1 & 3

ARMS & ABS

Push ups

Medicine ball squat & press

Lay down push ups

Tricep dips

Mountain climbers

Ab bikes

Sit ups with twist

Straight leg sit ups

CIRCUIT ONE

15
reps

Push ups



15
reps

Medicine ball squat & press



15
steps

Lay down push ups



15
reps

Tricep dips



CIRCUIT TWO

40
reps

Mountain climbers (20 per leg)



40
reps

Ab bikes (20 per side)



30
reps

Sit ups with twist (15 each side)



15
reps

Straight leg sit ups



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