DIG DEEPER. | COLLECTION 1 | DYNAMIC CIRCUITS | UPPER BODY CIRCUIT 1

CHOB BIDLE		WEEK 1	WEEK 2	WEEK 3	WEEK 4
CHAD PINK ZILLAFITNESS.COM	DAY:				
Incline Chest Press	W 20 Reps	/			/
	W 16 Reps	/	/	/	/
	W 12 Reps	/	/	/	
Underhand Row	W 20 Reps				
	W 16 Reps				
	W 12 Reps	/	/	/	
Overhead Tricep Extension	W 20 Reps				
	W 16 Reps	/	/		
	W 12 Reps	/			
Balanced Hammer Bicep Curl	W 10/10 Reps	1 1	11	11	11
	W 8/8 Reps	1 1	11	/ /	11
	W 6/6 Reps				1_1_
Shoulder Press	W 20 Reps	1	1	1	1
	W 16 Reps		1		
	W 12 Reps		/	1	/
Seated Switch Kicks	45s Reps	JOA N	D AY		
	45s Reps		19 YA		
	45s Reps	TA A			
Incline Push-ups	20 Reps		64		
	16 Reps		100		
	12 Reps	100 M	7		
J Row	W 10/10 Reps	11	1 1	1 1	1 1
	W 8/8 Reps	11			
	W 6/6 Reps	11			77
Tricep Dip	20 Reps				
	16 Reps				
	12 Reps				
Bicep Curl Leg Extension	W 10/10 Reps	1 1	1 1	1 1	1 1
	W 8/8 Reps				
	W 6/6 Reps				
Lateral Raise	W 20 Reps				
	W 16 Reps				
	W 12 Reps				
Iron Cross	45s Reps				
	45s Reps				
	45s Reps				
	TIME:	/ 16	/_ 46	/_ 46	/ 16
		/46_		/_46_	/46_
CALORIES BURNED:					

Worksheets produced in collaboration with: Jacqueline Koepfer | 🌎 facebook.com/JackieOLantern31