

DIG DEEPER[®] | COLLECTION 1 | DYNAMIC CIRCUITS | UPPER BODY CIRCUIT 1

CHAD PINK ZILLAfitness.com		DAY:	WEEK 1	WEEK 2	WEEK 3	WEEK 4
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					
	W 8/8 Reps					
	W 6/6 Reps					
Shoulder Press	W 20 Reps					
	W 16 Reps					
	W 12 Reps					
Seated Switch Kicks	45s Reps					
	45s Reps					
	45s Reps					
Incline Push-ups	20 Reps					
	16 Reps					
	12 Reps					
J Row	W 10/10 Reps					
	W 8/8 Reps					
	W 6/6 Reps					
Tricep Dip	20 Reps					
	16 Reps					
	12 Reps					
Bicep Curl Leg Extension	W 10/10 Reps					
	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:			/ 46	/ 46	/ 46	/ 46
CALORIES BURNED:						