

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:									