

Club LYL January Workouts

Arms & Abs

Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat 2x before moving on to the next Super Set.

Starter: 5 Point Push-ups x 3 sets

Super Set I:

- A) Dumbbell Heart Press - 10 reps**
- B) Dumbbell Lateral-To-Front Raises - 10 reps**

Super Set II:

- A) Plank w/ 1-Arm DB Reverse Flyes - 10 reps per side**
- B) Leg Raises w/ Dumbbell Chest Flyes - 10 reps**

Super Set III:

- A) In & Out Bicep Curls - 10 reps**
- B) Dumbbell French Press w/ Crunch & Punch - 10 reps**

FINISHER:

Plank Push-ups

Standing Dumbbell Knee-To-Elbow - 10 reps per side

Side Plank Dumbbell Row -To-Press - 10 reps per side

(repeat 1x)

(Optional) Finish with 20 minutes of Cardio, your choice!