

POWER SIX

UPPER BODY WORKOUT #2

REPEAT 3-5 ROUNDS



1. SIDE PLANK ROTATION 10X/SIDE



2. SQUAT SWINGS 10X



3. TRICEP PUSHUP 10X/SIDE



4. BENT ARM SHOULDER RAISE 15X



5. BICEP CURL 15X



6. BENT OVER ROW 15X EACH