



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Daily Workout Helping You Hit Your Goals



Day of Week: Wednesday

Focus: Upper Body

Equipment: Dumbbells, or Water bottles

This is an AMRAP...complete As Many Rounds As Possible...4 minutes per circuit, rest 2 minutes between each circuit.

Circuit 1	Circuit 2	Circuit 3
10 Jumping Jacks	10 Dumbbell Swings	10 Invisible Jump Ropes
10 Push Ups	10 Burpees	10 Push Ups To Pike
10 Reclined Rhomboid Squeezes	10 Bird-Dog Crunches	10 Arm Circles Forward + 10 Back
10 Overhead Triceps Extensions	10 Bent Over Row To Reverse Fly	10 Squats To Overhead Press



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