

FIT CHICKS®

Upper Body Supersets

WORKOUT

Complete 12-15 reps of each superset 3x with no rest in between. In between supersets you will get your heart pumping with 1 minute of high intensity cardio!

Set #1: Chest Press & Dumbbell Pullovers

1 minute cardio of your choice

Set #2: Triceps Extensions & Biceps Curls

1 minute cardio of your choice

Set #3: Arnold Press & Lateral Raise

1 minute cardio of your choice

Choose your intensity!

Level 1 - Use 3-5 pound weights

Level 2 - Use 8 - 10 pound weights

Level 3 - Use 15-20 pound weights

