

PHASE 3

WORKOUT THREE: HOME WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Elbows to hands	6/arm	2-4	Slow & Controlled	Circuit
Tricep Push-ups	10	2-4	Slow & Controlled	Circuit
Tricep Dips	12	2-4	Slow & Controlled	Circuit
Supermans	12	2-4	Slow & Controlled	Circuit
Plank rows	20	2-4	Slow & Controlled	Up to 2 minutes rest