

## PHASE 4

### WORKOUT THREE: HOME WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Push-up with twist	12	2-4	Slow & Controlled	Circuit
Tricep Pulses	12	2-4	Slow & Controlled	Circuit
Shoulder Raises	12	2-4	Slow & Controlled	Circuit
Bent Over Flyes	12	2-4	Slow & Controlled	Circuit
Plank with legs in and out	12	2-4	Slow & Controlled	Circuit