



Building Strong Women

Awesome Arms Circuit Two

Do all three sets of each exercise before moving on to the next exercise.

<u>EXERCISE</u>	<u>SETS/REPS</u>	<u>SET #1</u>	<u>SET #2</u>	<u>SET #3</u>	<u>SET #4</u>
Warm up	5:00		_____	_____	_____
Seated row	3/8-10				_____
Tricep pushdown	3/8-10				_____
Dumbbell side raise	3/8-10				_____
Dumbbell hammer curl	3/8-10				
Assisted pull-up	3/8-10				_____
Push-ups	3/8-10				_____