

Do Life Fit 24 Day Challenge

Phase 2

Day 8 – BACK/TRICEPS

- *Do 5 – 10 minutes warm-up with a cardio of your choice. (Treadmill, bike, elliptical, rowing machine, skipping rope, outdoor walk or run etc...)*

- *Take 30 second break in between reps.*

- *Do a total of 3 sets of one exercise before moving to the next one.*

- 1. Two arm rows with dumbbells or band – 8 to 12 reps.

- 2. Bent over flies with dumbbells or band – 8 to 12 reps.

- 3. Superman one leg with opposite arm – hold for 20 seconds on each side.

- 4. Laying nose buster – 8 to 12 reps.

- 5. Overhead one arm extensions with dumbbell or bands – 8 to 12 reps.

- 6. Diamond push-ups (optional on your knees) – as many as you can.

- *STRETCH*

- *DO NOT FORGET TO DRINK PLENTY OF WATER*