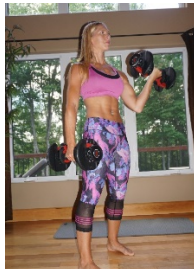
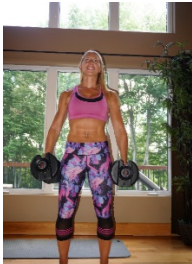


Day 11 – Biceps/Back/HIIT

- ❖ Warm up with a 3-5 minutes of light cardio of your choice
- ❖ Do 2 or 3 rounds each set of exercises.

1. Bicep curl with dumbbell or bands – 12 to 15 reps



SUPERSET WITH

2. Seated bent over dumbbell flys – 12 to 15 reps



SUPERSET WITH

3. Do 25 jumping jacks



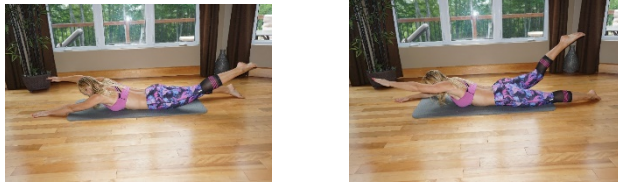
Take a 45 seconds rest – Repeat one to two more times.

4. Hammer curl with dumbbells or bands – 12 to 15 reps



SUPERSET WITH

5. Superman one leg and opposite arm, alternating sides – hold for 5 seconds and switch for a total of 8 times (4 each sides)



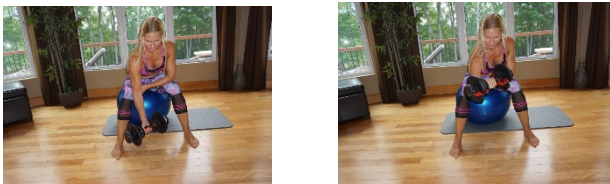
SUPERSET WITH

6. Do 20 high knee jumps.



Take a 45 seconds rest – Repeat one to two more times.

7. Seated concentrated curl - 12 to 15 reps



SUPERSET WITH

8. Bent over dumbbell back Row – 12 to 15 reps



SUPERSET WITH

9. Do 10 jump lunges.



Take a 45 seconds rest – Repeat one to two more times.