

**Cicruits:**

## TWOD

**5 sets:**

- \* 12 seated shoulder press
- \* 15 standing side lateral raises
- \* 30 second recumbent bike sprint

**5 sets:**

- \* 12 seated arnold press
- \* 15 DB upright rows
- \* 30 sec stair stepper

**5 sets:**

- \* 12 DB forward raises (alternating)
- \* 15 side lateral Ts (palms facing forward/thumbs up)
- \* 30 sec step ups on bench

**3 1-minute planks**

**Cardio: 30 min brisk walk on tread/increase incline every 2 min)**