

## TWOD - Claustrophobia

5 SETS (SS= SUPER SET)

- \* 12 SEATED WG LAT PULL DOWNS
- \* 12 SEATED CG LAT PULL DOWNS
- \* 12 STANDING LAT PUSH DOWNS
- \* 30 SECONDS ON STAIR STEPPER

5 SETS:

- \* 10 EA SIDE SINGLE ARM DB ROW
- \* 15 BENT OVER DB ROW
- \* BICEP CIRCUIT:
  - 10 STANDING CURLS
  - 10 SEATED CURLS
  - 10 HAMMER CURLS
- \* 30 SEC ELLIPTICAL SPRINT

5 SETS:

- \* 15 BALL KNEE INS
- \* 15 BALL PIKES
- \* 30 SWCOND PLANK ON BALL

\*HIIT CARDIO\*: DEADMILL SPRINTS

- TREADMILL TURNED OFF, USE RESISTANCE TO PROPEL BELT. 20 SECONDS ON, 40 SECONDS OFF FOR A TOTAL OF 10 SPRINTS