

FITMAS: Day 18

Upper Body Crush pt. 2

Remember that feeling after the first one where you were exhausted, your arms were spaghetti noodles, but you felt so strong? It's time to do that again, but turn it up a notch.

The holidays test our strength bot mentally and physically. It is so tiring running all over the place, dealing with stressful family members, and something it's a little overwhelming. I want this workout to be a reminder to you of how strong you truly are. You can crush this, and you can crush anything.

Let's go you strong, strong girl.

Warm Up

- Moderate intensity choice cardio x 5 minutes

Movement Prep

- Foam roll x 5 minutes
- Plank x 45 seconds
- Arm circles x 10/direction (small to large)
- Banded chest openers x 10
- Kneeling push-ups x 10

Superset no. 1 - 5 sets

Rest x 30 seconds between sets

A. Pull-ups x 10

- Whether your using a machine or a band, choose weight that will really challenge you to complete 10 reps. It's easy to throw a whole bunch of resistance against you and let this feel like a fun game... don't. The last few reps should be VERY tough.

B. Push-ups x 10

- Option to put a weight on your back to advance!

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Upper Body Crush pt. 2

Superset no. 2 - 5 sets

Rest x 30 seconds between sets

A. Bent-over Row x 10

- Use your choice of dumbbells or barbell
- Push yourself and go as heavy as you can here with good form

B. Overhead Press 10

- Use your choice of dumbbells or barbell
- Push yourself and go as heavy as you can here with good form

Superset no. 3 - 5 sets

Rest x 30 seconds between sets

A. Seated Row x 10

- Ensure that your body is tall, and you are squeezing your shoulder blades together as tightly as you can

B. Tricep Dips x 10

- To advance, place a plate on your lap!

FINISHER:

Circuit - Complete 3 Rounds with no breaks

A. Tricep Push-ups x 30

B. Mountain Climbers x 30 sec

C. Dumbbell Punches x 30 sec

Stretch x AT LEAST 5 minutes

Santa can still see you...