

ARMS

Weighted squat clean & press Commandos Lay down push-ups with tuck jumps

Decline push up

Spider push ups Tricep dips (feet raised) Bosu burpee Split leg push ups

CIRCUIT ONE

Weighted squat clean & press



Commandos (18 each side),



Tricep dips (feet raised)





Laydown push ups with tuck jumps



Bosu burpees

CIRCUIT TWO



Decline push ups

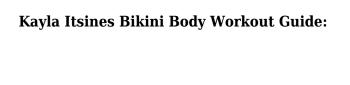


Split leg push ups



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Albert A Gayle



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