

# Wednesday's Workout

4 sets

Push ups 10

Row w/ Tricep ext. 20

Dips 15

Walk Out Toe Taps 20

Shoulder Press w/ Curls 20

Jumping Jacks 20

Palm Press Squeeze 20

Plank Reach 2 point 10 x 10

Tension Curls 20

Burpees 10

Bent Over Rows 20

Reverse Fly Pulses 20

1-2 combo 10 x 10

Wall Push ups 10

Tricep ext. 20