

Program for:

None

Summer Challenge 2015

Endurance/Strength  
Weight Loss and Toning  
none



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Summer Challenge 2015

B6. Week 6 Day 2

NOTES: Complete 3 rounds of the following circuit with minimal rest between exercises. Take 2-3 minutes rest between each round.

		SETS	REPS	INTENSITY		TEMPO	REST	
				RELATIVE	WEIGHT			
┌	Swiss Ball Alternating Flat Dumbbell Press	ALTERNATING	1	16	8-10			
	Swiss Ball Dumbbell Prone Cobra	BILATERAL	1	15	8			
	Standing Dumbbell Lateral Raise	BILATERAL	1	12	8-10			
	Seated Forward Lean Two Dumbbell Triceps Kickback	BILATERAL	1	12	8-10			
	Dumbbell Biceps Curl On Kneeling Swiss Ball	BILATERAL	1	12	8-10			

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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**Sections:**

B6. Week 6 Day 2