

## 20 min Upper Body & Plyometrics

**Circuit #1** - Perform 4 rounds of this circuit, resting as needed

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
Standing Shoulder Press	15-20	15
Push-up/Rows	15-20	10 ea/count push-ups
Push-ups	N/A	15
Standing Side Raise/Front Raise ALT	10-15	10 ea way
Squat Jumps	N/A	20

**Circuit #2** - Perform 3 rounds of this circuit, resting as needed

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
Bent-over Row	15-20	10
Bent-over Row/Extension	10-15	10
Bent-over Fly	10-15	10
Standing Biceps Curls	15-20	10
Burpees	N/A	10
Mountain Climbers	N/A	15 ea leg