

20 Minutes or Less

Suggested Equipment:



Workout Difficulty: Beginner

DELT DOMINATION

Jill Coleman has you shoulder-poppin', traffic-stoppin'.

Check out her site at www.jillfit.com and let her know what you thought on [Twitter @JillFit](https://twitter.com/JillFit).

Complete as many rounds as possible in 15 minutes, using good form and resting as needed, using Metabolic Effect's Rest-based Training (RBT) concept. RBT is a system of exercise where pushing to the point where a rest is required is the goal. Rest and work are often seen as opposites, but in reality they are synergists. Quality rest leads to quality work. The RBT system puts control of rest in the hands of the exerciser. The exerciser pushes hard until they need to rest, they the rest as much as is required to exert the same physical and psychological effort once again. This can be summed up in the phrasing "push until you can't, rest until you can."

CIRCUIT	ROUNDS	REPETITIONS
Biceps Curl*		10
Double Strict Press*		10
Double Push Press		10
DB Shoulder Press (half-reps from the bottom position)	AMRAP 15 Minutes	10
Pushup**		5
Triceps Pushup**		5
Double Bent-Over Row***		10
Reverse Fly***		10
Front Raise***		10

*, **, *** These exercises should be performed as a combo.