

ZONE 4 *Free Weight*

Expected workout time: 30–35 minutes

CIRCUIT #1 (rest between circuits)

- Standing Overhead Press (single arm) - 3x10 (each arm)
- Bent Row (single arm) - 3x10 (each arm)

CIRCUIT #2 (rest between circuits)

- Two-Hand Goblet Squat - 3x10
- Supine - Leg Raises - 3x10
- Supine Two - Leg Bridges - 3x10

CIRCUIT #3 (rest between circuits)

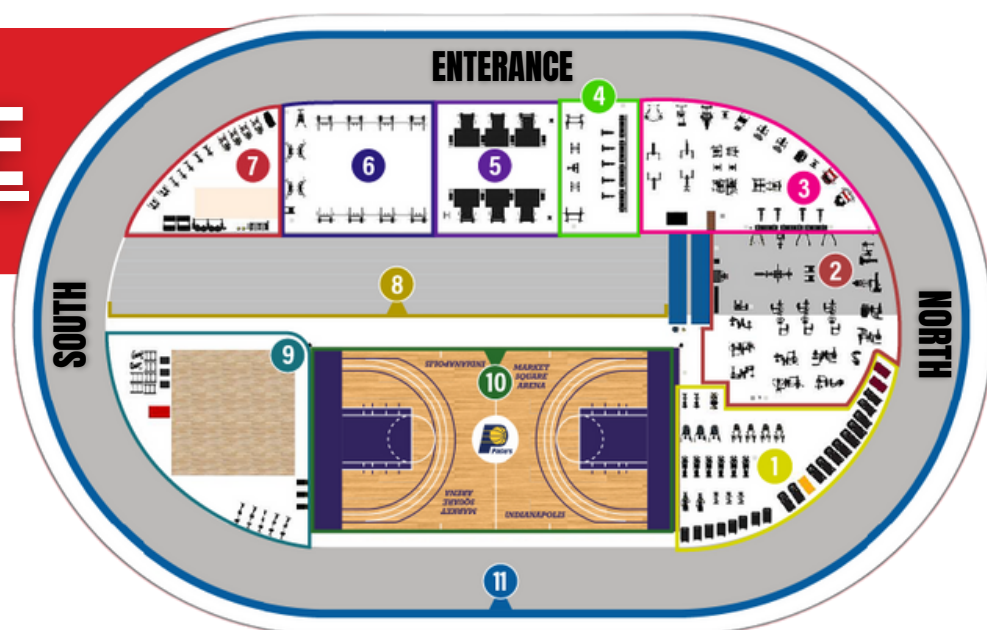
- Bench Press - 3x10
- Rear Fly - 3x10

FINISHER

- Bodyweight Traditional Pushup - to failure

Speak to a Health Fitness Specialist if you have questions about this workout!

SUBMIT YOUR ZONE



Submit your workout for a chance to win a free  DEKA competition entry!