



Arms off Limit Training

Plenty of Water

Deep Breathing not shown 2 minutes

Warm up not shown 5 minutes

4 Cycles 10-15 Reps

2 Minute Rest Between Cycles

30 Seconds Rest Between Exercises

Training:

:26 Video Time Diamond Pushups 15 Reps

:38 Video Time Inverted Rows 12 Reps

:51 Video Time Dips 15 Reps

1:04 Video Time Clap Pushups 15 Reps

1:17 Video Time Pushup Holds 30 Second Hold

1:27 Video Time Explosive Incline Clap Pushups 12 Reps

1:39 Video Time Triceps Pancake Pushups 10 Reps

1:51 Video Time Pullups Till Failure

Stretch and Hold for 30 Seconds

Thank You!

Music By: Nautic Entertainment LLC

Produced By: Konder Media Group LLC

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