Upper Body Sculpt #1

Set 1: Perform 1-4 times with no break	**Reps**
Push-Ups	10-12 total
Lat Pull-Downs or Pull-Ups	10-12 total
Chest Flys	10-12 total
Cardio Interval: 1 minute Jumping Jacks or Star Jumps	
Set 2: Perform 1-4 times with no break	**Reps**
Standing Overhead Press with Curtsy Squat (6-15 lbs)	10-12 total
Bent-Over Fly (2-8 lbs or resistance band)	10-12 total
Tri-Plane Shoulder Raise (2-10 lbs or resistance band)	10-12 each side
Cardio Interval: 1 minute High Knees or Tuck Jump	
Set 3: Perform 1-4 times with no break	**Reps**
Bicep Curl with Forward Lunge (5-15 lbs)	10-12 total
Tricep Kick-Back (5-15 lbs)	10-12 total
Push-Up Row (5-15 lbs)	10-12 total
Cardio Interval: 1 minute Stair Run (or skip rope)	
Bonus Giant Set	**Reps**
Repeat from the top and perform 1 set of all 9 exercises (omit cardio)	15 reps of each
10 Minute Abs	**Time**
Decline sit-ups (or just regular sit-ups)	45 sec/ rest 15 sec
Heels to Heaven	45 sec/ rest 15 sec
V-Sit, moving feet in and out	45 sec/ rest 15 sec
Repeat 2 More Times!!	
Plank with Alternating Arm-Leg Reach	1 min