

# arm WORKOUT

free week  
OF  
workouts

Burpees  
Push ups  
Tricep dips  
Plank

Weighted squat clean & press  
Mountain climbers  
Commandos  
Split push ups

## CIRCUIT ONE

10  
reps

Burpess



15  
reps

Push ups



20  
reps

Tricep dips (with or without feet raised)



30  
sec

Plank



## CIRCUIT TWO

12  
reps

Weighted squat clean & press



50  
reps

Mountain climbers (25 each side)



24  
reps

Commandos (12 each arm)



12  
reps

Split push ups



# Guida Kayla Itsines Download

**Joacim Rocklöv**



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