

30 Minutes to Fitness Weights
Kelly Coffey Meyer

Workout 2 Biceps, Triceps & Shoulders

Date: _____

Notes: _____

Exercise	Kelly's Weight	Reps	Reps / Weights used	Notes
Warm Up	No weight			
Circuit #1				
Biceps Hammer hesitation Hammer squat hesitation	2x10	4 hammer hesitations 8 squat hammer hesitations		
Triceps Tricep extensions	2x10	1 each arm, 8 right, 8 left 8 both arms		
Shoulders Front / side raise	2x10	1 each arm, 4 right, 4 left 4 both arms		
Repeat Circuit #1				
Active Rest / Core Side rotations with side knee up				
Circuit #2				
Biceps Half curl and lift away	2x10	8		
Triceps Overhead tricep extensions back and front	2x10	8 each arm		
Shoulders Lateral raises	2x10	16		
Repeat Circuit #2				

Active Rest / Core Behind neck side bend rotation crunch	Towel			
Circuit #3				
Biceps One arm bicep curls	1x15	8 each side		
Triceps One arm tricep kickbacks	1x15	8 each side		
Shoulders One arm shoulder press	1x15	8 reps (up 1 down 3)		
Repeat Circuit #3				
Active Rest / Core Reach and drop	Towel			
Stretch				