

# ARMS + ABS *Preview Week, Day 1*

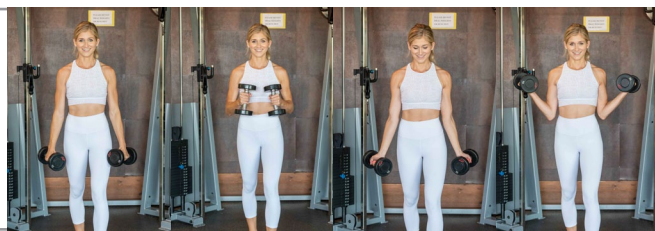
*EMOM: every minute on the minute perform the specified exercise, rest until the next minute and exercise begin complete a total of 5 rounds; rest 2-3 minutes between rounds*

*Minute*

**1**

*Hammer Curl to Wide Curl*

*8 reps/each*

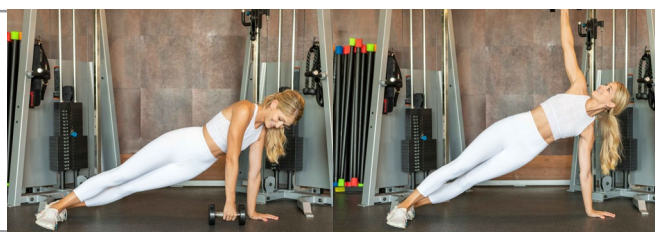


*Minute*

**2**

*Side Plank Reach Overs*

*Right side, 10 reps*

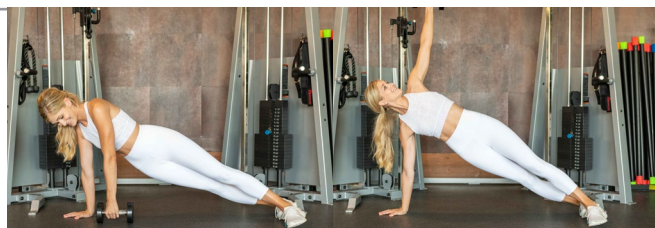


*Minute*

**3**

*Side Plank Reach Overs*

*Left side, 10 reps*

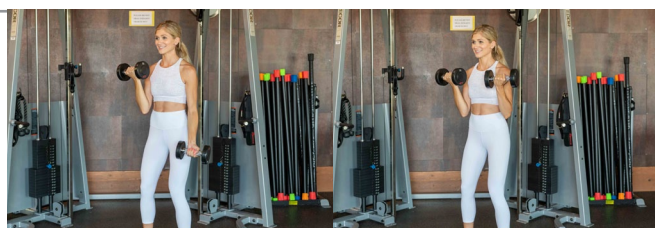


*Minute*

**4**

*Static Bicep Curls*

*Quick pace, 10 reps/side*



*Minute*

**5**

*Modified Burpee to Shoulder Press*

*10 reps*



*Minute*

**6**

*Push Ups or Knee Push Ups*

*10 reps*

