

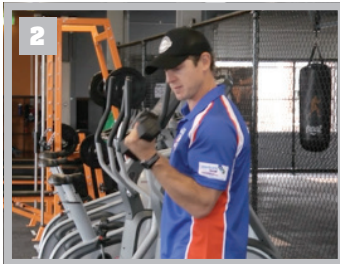
RISE AND GRIND

EPISODE 3 DUMBBELLS OR BRICKS

Circuit 1



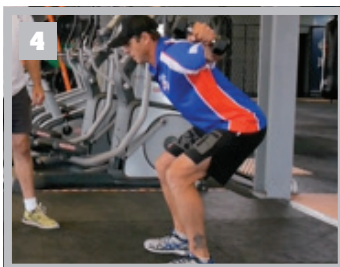
1. Squat Press



2. Bicep Curls



3. Shoulder Flys



4. Bent Over Flys

- 10-15 reps per exercise
- Repeat circuit 4 times

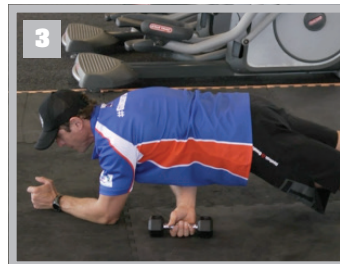
Circuit 2



1. Shoulder Flexion Squats



2. Dumbbell Punches



3. Plank Pick Ups

- 1 minute per exercise
- Repeat circuit 3 times