

## Arm / Shoulder Countdown

- 50 **Arm circles (25 clockwise, 25 counterclockwise)**  
10 Dips
- 45 **Sprinting hammer arms curls**  
10 Dips
- 40 **Squat punch**  
10 Dips
- 35 **Combination: Biceps Curls (front and to side)**  
10 Dips
- 30 **Rows**  
10 Dips
- 25 **Front arm raise, alternating with side lateral raise**  
10 Dips
- 20 **Dumbbell overhead shoulder press**  
10 Dips
- 15 **Triceps extensions**  
10 Dips
- 10 **Push ups**  
10 Dips
- 5 **Forearm plank (touch knees down)**  
10 Dips ( Repeat doing jumping jacks instead of dips)