

Super set 3x

push ups
Lateral shoulder raises
bent over rows

10 jump squats

Superset 3x

Chest press
shoulder press
tricep dips

10 jump squats

Superset 3x

Upright rows
bent over flies
down dog push ups

10 jump squats

Superset 3x

shoulder taps
chest flies
bicep curls

10 jump squats

Superset 3x

Overhead Tricep dips
lawn mower lifts
french press on SB