



1. Up Up Down Down Push-Ups



2. Rear Lift & Press



3. Burpee -Bicep Curl Combo



# 31:17 Arm Workout

How To:

- 1.) View demo video for further explanation on [www.goodmorninggirls.org](http://www.goodmorninggirls.org)
- 2.) Do 10-12 reps of 1 exercise, then move to next
- 3) Finish set and then repeat from the top 2 more times
- 4.) BONUS: Add a set(10-30) of non-weighted burpees at the end of each round!



4. Reverse Double T's



5. Chest Press-Chest Fly Combo