

**Gray Workout**

**Workout Focus:**

Upper Body

Obliques

**Equipment Needed:**

Dumbbells

**Warm Up: 5 minutes**

3-4-minute walk, jog or bike (or jog in place/jumping jacks)

Upper Body Stretches (arms, shoulders, upper back and triceps)

**SET 1**

**In this set there are (2) 40 second rounds followed by a rep based push-up round. The reps will start at 20 and drop 5 reps each round, ending with 5.**

Hammer Curls

Bent Over Rows

20 reps – Push-Up

Regular Bicep Curls

Renegade Rows

15 reps – Push-Up

Overhead Shoulder Press

Upright/High Rows

10 reps – Push-Up

Overhead Tricep Extensions

Arnold Shoulder Press

5 reps – Push-Up

**SET 2**

**Set the clock for 30 seconds. Recovery can be 5-6 seconds. Position will switch often, so be prepared to move quickly. Repeat the set 2x….around 8 total minutes.**

Slow Cross Body Mountain Climbers (Opposite knee to opposite elbow)

Left Side Plank Hold

Bicycle Crunch

Right Side Plank Hold

Wide Slow Mountain Climbers (Knee to same side elbow)

**Set 3**

**Set 3 will go back to the arms but works exercises with lighter weights. Similar to set 1, you will have (2) 40 second rounds and then weave in a push-up, this time a tricep push-up for reps.**

Reverse Fly

Lateral Shoulder Raise

5 reps Tricep Push-Up

Tricep Kickbacks

Front Shoulder Raise

10 reps Tricep Push-Up

Bent Over Wide Row

L Shoulder Raise (One arm lateral and arm front, alternating)

15 reps Tricep Push-Up

Straight Arm Tricep Kickbacks

Butterfly Shoulder Press

20 reps Tricep Push-Up

**Set 4**

**This final set will work the triceps and core. This is the last set in class. Timer should be set for 30 seconds with quick transitions between movements. Repeat 2x.**

Tricep Skullcrushers

Alternating Heel Taps

Scissors Kicks

Full Sit Up

Russian Twist