

**Gray Workout (#3)**

**Workout Focus:**

Upper Body

Core

**Equipment Needed:**

Dumbbells

**Warm Up: 5 minutes**

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

Upper Body Stretches

Including the arms, shoulders, upper back and triceps

**SET 1**

**In this set there are (5) rep rounds that will work up and down the pyramid. Complete all exercises during the first round, take a 45 second break, then move onto the next round.**

Round 1 – 12 Reps Each Exercise

Round 2 – 10 Reps Each Exercise

Round 3 – 8 Reps Each Exercise

Round 4 – 10 Reps Each Exercise

Round 5 – 12 Reps Each Exercise

Overhead Shoulder Press

Regular Bicep Curl

Upright Row

Renegade Row

Push Ups

**SET 2**

**Set the clock for 30 seconds. Recovery can be 5-6 seconds. Start in plank position and transition to laying on your back. Repeat the set 2x.**

Plank + Knee Taps

Bear Hold

Ab Roll Up (Full Sit Up)

Right Leg Lift

Leg Leg Lift

**SET 3**

**Set 3 will go back to the arms but works exercises with lighter weights. Like set 1, you will have (5) rep rounds that will work up and down the pyramid. Complete all exercises during the first round, take a 45 second break, then move onto the next round.**

Round 1 – 10 Reps Each Exercise

Round 2 – 8 Reps Each Exercise

Round 3 – 6 Reps Each Exercise

Round 4 – 8 Reps Each Exercise

Round 5 – 10 Reps Each Exercise

Bicep Curl to Overhead Press

Reverse Fly

Single Arm Triceps Kickback

Lateral Shoulder Raise

Serving Biceps

**SET 4**

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

Right Side Plank

Triceps Dips

Left Side Plank

Triceps Push Ups

Cross Body Mountain Climbers (Knee towards opposite elbow)