Session 17 / Cycle 3

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| Upper Body |  |  |
| **Exercises** | **Reps** | **Rest** |
| Incline Press Ups | 20 | 20 sec |
| Staggered Hand Press Up (half & half) | 16 | 20 sec |
| Kneeling Clap Press Up | 10 | 20 sec |
| Dolphin Hold | 40 sec | 20 sec |
| X 3 |  |  |
| **2 Min Rest** |  |  |
| Box Tricep Dip | 20 | 20 sec |
| Tricep Press up | 16 | 20 sec |
| Crab Tricep Dip | 10 | 20 sec |
| Dolphin Hold | 40 sec | 20 sec |
| X 3 |  |  |
| **2 Min Rest** |  |  |
| Shoulder Press Up | 20 | 20 sec |
| Side Plank & roll under (Half on each side) | 16 | 20 sec |
| Plank Arm Reach (Alt arms) | 10 | 20 sec |
| Dolphin Hold | 40 sec | 20 sec |
| X 3 |  |  |