

THURSDAY • CHEST & ARMS

30 MINUTES • 3 ROUNDS

1 FLOOR CHEST PRESS

16 reps

Chest • Triceps • Front shoulders



Elbows 30–45° from torso

2 WALL PUSH-UPS

16 reps

Chest • Triceps • Core



Keep your body in one straight line

3 BICEPS CURLS

16 reps

Biceps • Brachialis



Keep elbows close; lower slowly

4 SUPPORTED TRICEPS KICKBACKS

16 reps per arm

Triceps



Hold upper arm still; straighten elbow



Rest 30–60 seconds
between moves



Use light weights



Prioritize good form



Highlighted areas = muscles targeted

COUNTY NP

LOWER BODY & CORE

30 MINUTES • 3 ROUNDS

1 ALTERNATING LATERAL LUNGES

16 total • 8 per side

Quads • Glutes • Inner thighs



Hips back; keep the whole foot down

2 SQUAT TO KNEE LIFT

16 squats • Alternate knee lifts

Quads • Glutes • Hip stabilizers • Core



Stand tall first; then lift one knee

3 GLUTE BRIDGES

16 reps

Glutes • Hamstrings • Core



Squeeze glutes; avoid arching your back

4 BIRD DOGS

16 total • 8 per side

Core • Back stabilizers • Glutes



Reach long; keep hips level



Rest 20–40 seconds
between moves



Move with control



Prioritize good form



Highlighted areas = muscles targeted

COUNTY NP