



# 4<sup>th</sup> of July Workout

SS=**Superset** when one set of an exercise is performed directly after a set of a different exercise without rest between them.

[\(FULL VIDEO\)](#)

## WARM-UP & STRETCH

- 50 Butt Kicks
- 50 High Knees
- 10 Alternating Forward Plate Windmills (5 each arm)
- 10 Alternating Backward Plate Windmills (5 each arm)
- 10 Alternating Front & Lateral Raise
- 15 Standing Arm Slide on Wall (Back against the wall)

## WORKOUT

- Dumbbell Shoulder Press 3x8
- SS Sitting Dumbbell Shoulder Press ISO Hold 3x10

- Dumbbell Shrug 4x10
- SS Barbell Shrug 3x15

- Alternating L Raise 3x10

FINISHER: Plank Burpees 15

Target Muscles: Shoulders, Traps, Core. Additional muscles targeted by finisher: Arms, Chest, Quads, Calves, and Glutes.

For full 8-week schedule [CLICK HERE](#) or visit [www.trimtemple.com](http://www.trimtemple.com) then navigate to "shop."

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