

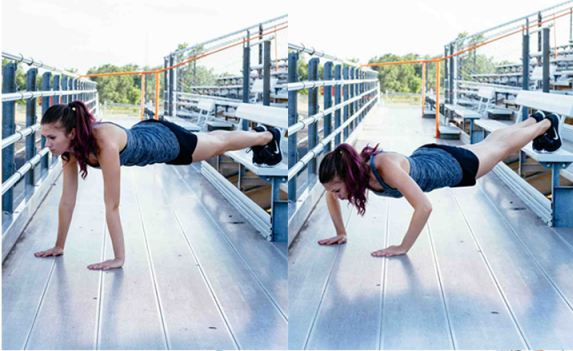
JAR OF LEMONS

UPPER-BODY BLEACHER WORKOUT

(DO THIS WORKOUT 2-3 TIMES!)

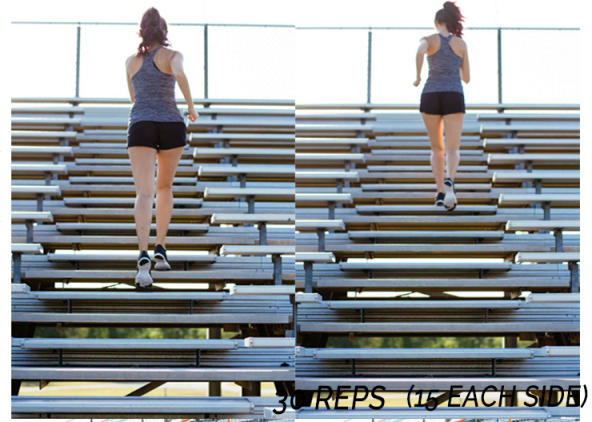
PUSH-UPS

15 REPS



BLEACHER SPRINTS

3 MINUTES



TRICEP DIPS

15 REPS



TRICEP WALK

30 REPS



BLEACHER SPRINTS

3 MINUTES



BEAR CRAWL

30 REPS



BENCH HOPS

30 REPS
(ALTERNATING)



BLEACHER SPRINTS

3 MINUTES

