

# RISE AND GRIND

## EPISODE 2 UPPER BODY

### Circuit 1



1. Push Ups



2. Tricep Dips



3. Isometric Holds

- 1 minute per exercise
- Repeat circuit 3 times

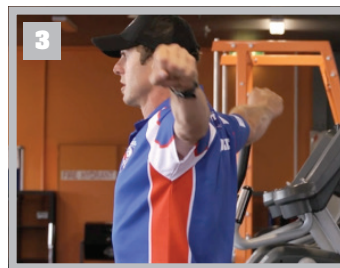
### Circuit 2



1. Platform Taps



2. Walk Outs



3. Arm Rotations