

Women's Crew

Workout 2

Chest, Back, Biceps, Triceps

3sets/10reps all exercises with 1.5 minutes rest in between sets

Warm Up - 5 min light jog, walking lunges, arm circles (low intensity)

STRETCH – all major muscle groups

Flat Barbell Bench Press

Deadlifts

Dumbbell Chest Flies

Bent Rows

Dumbbell Hammer Curls

Skull Crushers

Preacher Curls

Rope Pull-downs

Rotating Planks (front-right side-left side-front...) – 15second intervals

Leg Raises w/ 5lb Dumbbell (Hold weight with feet)

STATIC STRETCH

R, L, F) End

No Rest

between shifts