

Week Four of Fitmas!

Warm up well by running for 10 minutes and complete dynamic stretches such as high knees and butt kicks.

The supersets are listed below with the rep counts next to the exercises.
Increase weight as the number of reps decrease.

Rest

- After each set of supersets, rest for 1 minute.
- After completing all 4 sets of the superset, rest for 2 minutes before going onto the next set of supersets.

Superset #1	Rep Count			
Incline DB Chest Press	15	12	8	6
Decline Push ups	10	*Failure	*Failure	*Failure

Superset #2	Rep Count			
Barbell Push press	20	15	12	8
Cable Rope Press Down	15	12	12	20

Superset #3	Rep Count			
Squat Jumps	40	30	20	40
Burpees	20	15	30	10

Stretch lightly between your first few sets of exercises