



# POWER WORKOUTS ROUND 2

Looking to tone up your arms this summer? Try this easy workout at home or the gym and shape up with XS™ Sports Nutrition today.

Duration **20** Minutes

LET'S BEGIN

Warm up with **5 MINUTES** of light cardio.

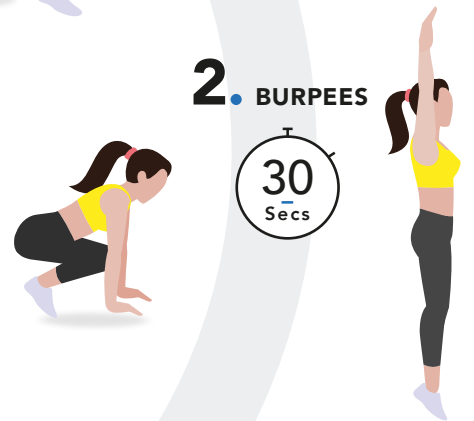
1. TRICEP DIPS

30 Secs



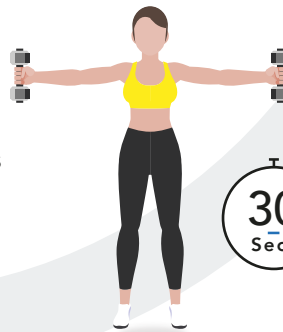
2. BURPEES

30 Secs



3. ARM CIRCLES

30 Secs



REST  
10 Secs  
BETWEEN EACH EXERCISES  
Repeat circuit **3 TIMES**.

Cool yourself down with **3 MINUTES** of stretching at the end.

If you loved this circuit, keep a lookout for our monthly XS Sports Nutrition Power Workouts to help you get more out of your workouts.

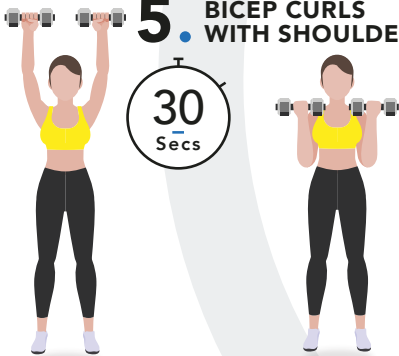
6. PUSH-UPS

30 Secs



5. BICEP CURLS WITH SHOULDER PRESS

30 Secs



4. PLANK

30 Secs



**TIP:** Don't forget to **ENERGISE** 30 minutes before your workout with XS Pre-Workout Boost, **HYDRATE** well during your session with XS Electrolyte Plus and **RECHARGE** your body at the end with XS Whey Protein Powder and XS Muscle Recovery.

Exclusively from **Amway**