

# 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.

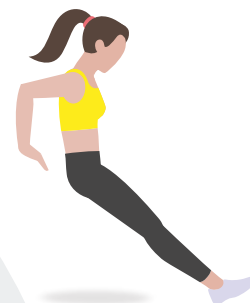
Duration **20** Minutes

## LET'S BEGIN

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

**1. TRICEP DIPS**

30  
Secs



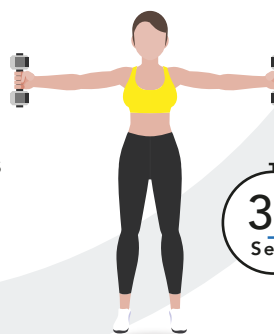
**2. BURPEES**

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.

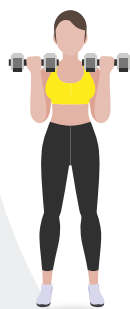
**6. PUSH-UPS**

30  
Secs



**5. BICEP CURLS WITH SHOULDER PRESS**

30  
Secs



**4. PLANK**

30  
Secs

