**Upper Body/Arm Workout**

**Repeat the circuit 1-2 times:**

10 regular pushups
10 wide pushups
10 close pushups

10 dips
10 tricep presses
10 right arm kickbacks
10 left arm kickbacks
10 shoulder flys

10 3pt curls
10 wide arm curls
10 military presses
10 swimmers presses

1 minute jab/cross punches (left arm)
1 minute jab/cross punches (right arm)
1 minute right uppercut/left hook
1 minute left uppercut/right hook

**When you finish with the upper body circuit:**

Jog a 400 meter
Stretch with team (or event members)

\*make sure to stretch your arms really well, and drink lots of water.