**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.