

At each station alternate between 2 exercises performing 30-sec of work /15-sec rest. That is 1 round. Complete 4 Rounds at each station before resting for 2-min and moving on to the next station. Complete all 4 stations for a 30-min workout.

### Station 1



[Incline Press](#)



[Seated Row](#)

### Station 2



[Split Squat Right](#)



[Split Squat Left](#)

## Station 3



[Split Stance Overhead Press](#)



[Pull a Part](#)

## Station 4



[Hammer Curl](#)



[Triceps Press](#)