DUMBBELL CIRCUIT 2

Perform in a circuit.
Try for 10-15 reps for each exercise.
Complete 3 times.

**FLAT CHEST PRESS**
Lay flat on a mat with your legs in the air at a 90 degree angle. Exhale pushing up and inhale coming down.

**SEATED SHOULDER PRESS**
Sit on a chair and make a 90 degree angle with your arms at your side. Exhale pushing up and inhale coming down to the start position.

**DECLINE CHEST PRESS**
Lay flat on your back and push your hips up so your butt is off the ground. Perform like regular chest press.

**SHOULDER SHRUGS**
Standing up with dumbbells at your side raise shoulders straight up. Pause at the top and lower back to your side.

**DECLINE PUSH UPS**
With feet on a chair and arms on the ground perform a push up.

**SKULL CRUSHERS**
Lay flat on a mat with arms straight up. Lower dumbbells behind your head then raise back to starting position.