

{ Killer Upper Body + 3 Mile Interval Run Workout }

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Warm Up: 3 Minutes on Treadmill (Level 4)

Cardio Interval {	Time (Minutes):	Speed (mph):
	1 Minute	5.0 (12:00 pace)
	1 Minute	7.0 (8:34 pace)
	1 Minute	5.0 (12:00 pace)
	1 Minute	7.0 (8:34 pace)
	1 Minute	5.0 (12:00 pace)

Complete 10 reps of each exercise:

Bicep Curls
Triceps Kickbacks
{Repeat 3 times}

{ Repeat Cardio Interval }

Complete 10 reps of each exercise:

Hammer Curls
Triceps Overhead Extension
Single Arm Triceps Overhead Extension (do each arm)
{Repeat 3 times}

{ Repeat Cardio Interval }

Complete 10 reps of each exercise:

Military Press
Side Lateral Raises
Front Raises
{Repeat 3 times}

{ Repeat Cardio Interval }

Complete 10 reps of each exercise:

Regular Push Ups
Chest Presses
Triceps Push Ups
{Repeat 3 times}

{ Repeat Cardio Interval }

Complete 10 reps of each exercise:

Dumbbell Rows
Dumbbell Flyes
{Repeat 3 times}

{ Repeat Cardio Interval }

Cool Down: 3 Minutes on Treadmill (Level 4)