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Jarods' 30 Minute Workout

When you're pressed for You time, get in, get on, get out!

Warm up – cross train hard and fast for 10 minutes.

- Dumbbell squats – 12 reps x 3
- Forward lunge, shoulder press – 12 reps x3
- Lat pull down – 12 reps x3
- Incline Chest Press - 12 reps x3
- Dips - 12 reps x3
- Rear lunge, Bicep Curl - 12 reps x3

Keep your momentum up – this will maintain increased heart rate and endurance. Find your ideal weight, it needs to be heavy enough to challenge you, yet light enough to maintain the same level of repeats in each set.

Finish your session with gentle stretches, shower and go back into your day feeling pumped and primed.