



## Week 12 TNT - March 28 - April 3



| 6 Points each set | Which did you choose? |
|-------------------|-----------------------|
| 2X15 Biceps       |                       |
| 2X15 Triceps      |                       |
| 2X15 Shoulders    |                       |
| 2X15 Back         |                       |
| 2X12 Chest        |                       |
| 2X12 Core         |                       |
| 2x15 Hamstrings   |                       |
| 2x15 Quads        |                       |
| 2X15 Glutes       |                       |
| 2x15 Lower body   |                       |

Pick **one** exercise for each area and do 2 sets of 15. You can use these links or your own. Give yourself 6 points for each exercise set you do. A total of 60 points for completing all of them.

[Biceps:](#)

[Triceps:](#)

[Shoulders:](#)

[Back:](#)

[Chest:](#)

[Core:](#)

[Hamstrings:](#)

[Quads:](#)

[Glutes:](#)

[Lower body:](#)