

# SAMMY & JOEL'S WORKOUT OF THE WEEK #2

*Grab some dumbbells before you start!*

**SINGLE ARM ROW**

**X 8**

**GOBLET SQUAT**

**X 10**

**SIT UP  
WITH WEIGHT**

**X 8**

**RUSSIAN TWIST**

**X 20**

**SPLIT SQUAT  
(EACH SIDE)**

**X 10**

**BICEP CURL**

**X 8**

**SHOULDER PRESS**

**X 8**

**TRICEP DIPS**

**X 8**

**DREAM BIG**