

The Holistically Fit Squad

Crazy Rep Workouts

Kelsey Gooden Coaching



I can't Feel my Arms

AMRAP (as many rounds as possible) in 10 minutes
(with good form)

12 dumbbell curls

12 overhead tricep extensions

12 cable rope bicep curls

KG

Superset (just once!)

50 tricep dips (bodyweight)

50 dumbbell angle curls

Super set 7x7

straight bar curls

Tricep machine

Shoulder Cap Central

Superset

10 Shoulder press

10 crawl outs

5 Rounds

Superset

10 Upright row w/ kettle bell

10 Ball slams

5 Rounds

4x10 Lateral Raise

4x10 Front Raise

Lovely Legs

Superset

10-12 Elevated Sump Squat

10 Barbell Squat

Superset

10 Back lunges (each leg)

10 Walking lunges (each leg)

KGG

Banded Glute bridges

Pick a song and do bridges until the song is over. If you have to stop, pause the song.

Sculpted Back

Superset

10 Seated Row w/cable

10 Bent Over Row with barbell

4 rounds

4x10 Lat Pull Downs

4x10 Stiff Arm Pulldown

FG

Assisted Pull Up Machine

Until failure

(make it a weight thats challenging, but not your max. Once you can't keep good form, you're done.

Watch yourself improve over time!)

Ab Attack

100 reverse crunches

4, 30 second planks

50 Scissor kicks

100 standing crunches (each side)



This workout is great when you can't make it to the gym, or everything else is sore!