Day 13 workout

15:00

AMRAP: As many rounds as possible

Push ups On your knees if you can't do 10	**10 reps**
Bicep curls 5 kg dumbbells (20 reps if using heavier)	**50 reps**
Tricep kickbacks	**10 reps**
Rear delt flies	**8 reps**

Equipment: 5 kg dumbbells