The Knuckle Sandwich

To relieve frustration and get a fab arm fix, try <u>shadow boxing</u> to the <u>perfect boxing playlist</u>. Stand (if you can) and throw out a few <u>jabs</u>, <u>hooks</u>, and <u>uppercuts</u> in rapid succession. Continue for a minute or longer to blow off steam and tone the arms, chest, and core.

WORK OUT WEDNESDAY

