

18 Minute Arm Blast with Coach Ron Williams

Set #1 – 18:00

Set #2 – 16:00

Set #3 – 14:00

Set #4 – 12:00

Set #5 – 10:00

Set #6 – 8:00

Set #7 – 6:00

Set #8 – 4:00

Set #9 – 2:00

END – 0:00

