



## **Upper Body**

**5 Rounds for time-10 Reps Each**  
**Exercise- Rest 1 min after Exercise #5**

**\*Equipment Needs: 1 set of Dumbbells**  
**(Shoulder Burner)**

- Alternating Shoulder Press
- Lateral Raises
- Front Raises
- Hip Hinge Low Row
- Hip Hinge Reverse Fly

## **Lower Body**

**5 Rounds for time-10 Reps Each**  
**Exercise- Rest 1 min after Exercise #5**

**\*Equipment Needs: 1 set of**  
**Dumbbells & surface to step up on**

- Deadlift
- Alternating walking Lunges
- Sumo Deadlift
- Lateral Step up
- Rear Foot Elevated Split Squat

## **Full Body**

**5 Rounds for time-10 Reps Each**  
**Exercise- Rest 1 min after Exercise**  
**#5**

**\*Equipment Needs: 1 set of**  
**Dumbbells**

- Deadlift to Low row
- Thruster
- Hip Bridge Alternating Chest Press
- High Plank Low Row to Suitcase squat

## **Core Work**

**5 Rounds for time**  
**10 reps Each Exercise**

**\*Equipment Needed: 1 light Dumbbell**

- Situp to Press
- Torso Rotation
- Alternating V-up
- Plank Pull through

## **Make My Heart Beat Faster**

**5 Rounds for time**  
**20 Reps Each Exercise**

- Jumping Jacks
- Squat Jacks
- Lateral Jumps
- Mountain climbers
- Full Burpees w/ Pushup