

TOTAL
BODY

WORKOUT

15
MIN

DUMBBELLS

After the warm up, perform each WORKOUT dumbbell moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 15 minute workout, with one set of dumbbells (keep multiple on hand if first time). If time allows, repeat the WORKOUT for a 30 minute burn!

WARMUP

- High Knees - 30 seconds
- Butt Kicks - 30 seconds
- Jumping Jacks - 30 seconds
- Trunk Rotations - 30 seconds
- Arm Circles (each direction) - 60 seconds

WORKOUT

- DB Pushup + Side Plank (arm/DB in air)
- DB Squat + Shoulder Press
- Russian Twist + DB Press (1 DB)
- Pushup + Dumbbell Slide Through (1 DB)
- Warrior 3 + Row
- Sit Up + DB Overhead (in lower position)
- Side Lunge + Bicep Curl
- Squat + 1 Arm Press & Twist
- Burpee w/ DB
- Reverse Lunge + Knee Drive
- Straight Leg Deadlift + Row
- Plank Row + Donkey Kick
- Forward Lunge + Twist (1 DB)
- Plank, Knee to Elbow + Jump to Hands
- Skull Crusher + V-Up