

SIMPLE HOME DUMBBELL WORKOUT

****3-5 SETS****

****45 SECONDS OF WORK (EACH EXERCISE) / 15 SECONDS OF REST****

1. LYING CHEST PRESS
2. BENT OVER ROWS
3. STANDING ALTERNATING SHOULDER PRESS
4. REGULAR & HAMMER CURL

****REST 2 MINUTES****

1. SQUATS
2. HIGH SWINGS (LIKE KETTLEBELL SWINGS)
3. LUNGES
4. STIFF-LEGGED DEADLIFTS

****REST 2 MINUTES****

1. SQUATS-CLEAN-PRESS
2. RENEGADE ROWS (PLANK ROWS)
3. REVERSE LUNGE/BICEP CURL
4. CLOSE GRIP PUSH-UPS

****REST 2 MINUTES****

****REPEAT FOR TOTAL OF 3-5 SETS****