



## Week 1: Workout #4

### **Equipment:**

Dumbbells

Mat

### **Circuit**

- Squat jumps for distance out(20 meters)
- Alternating lunge walk back with weight overhead(20 meters)
- Plank on elbows, alternate knees to elbows :30 seconds
- Tricep Dips x15
- Elevated step back lunges x15
- Elevated step back lunges with hop x12

3 times through. Minimal rest between exercises. 1:00 rest between sets.

### **Finisher**

- Set timer to 5:00
- 10 push ups (on knees or toes).
- Elbow plank to complete the minute

Repeat each minute for the entire 5 minutes