



Week 4: Workout #5

Equipment:

Dumbbells

Mat

Circuit

30 squats or squat jumps (can be weighted or unweighted)

30 burpees

30 rows (can be weighted or unweighted)

30 lunges (alternate sides)

30 mountain climbers

30 bicep curls

1 minute plank

1 minute rest

Repeat three times.....YIKES!