



## Squat to Press

Combo



- 1 - Stand upright holding dumbbells at shoulder height, elbows bent and palms facing in.
- 2 - Bend at the hips and knees, lowering into a squat with the dumbbells still at shoulder height.
- 3 - Thrust up, coming back upright and press the dumbbells overhead, extending your arms fully.

Equipment Sub: Barbell

#	REPS	WEIGHT	TIME	NOTES
1	12			Complete 10-15 repetitions. Choose a moderate weight.
2	12			Complete 10-15 repetitions.
3	12			Complete 10-15 repetitions.

## Bent Over Row & Twist

Back



- 1 - Bend forward at your waist and split your feet slightly with your knees bent and your back flat holding dumbbells with your arms straight and palms facing in.
  - 2 - Lift one dumbbell up to the side of your chest and rotate your upper body up to this side.
  - 3 - Lower this dumbbell and repeat with the other dumbbell twisting up to the other side.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	24			Complete 20-30 repetitions. Choose a moderate weight. Do not turn your head while rowing.
2	24			Complete 20-30 repetitions.
3	24			Complete 20-30 repetitions.

## Reverse Lunge & Curl

Combo



- 1 - Stand upright holding dumbbells by your sides with your arms straight.
  - 2 - Take a step backward, dropping your back knee to the floor and raise the dumbbells up to shoulder height, bending at the elbows.
  - 3 - Push off your front foot to return to the start position, lowering the dumbbells back down.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	24			Complete 20-30 repetitions. Choose a light weight.
2	24			Complete 20-30 repetitions.
3	24			Complete 20-30 repetitions.

## Kickback

Triceps



- 1 - Bend forward at the waist holding dumbbells with your upper arms by your sides and elbow bent.
  - 2 - Lift the dumbbells up and back, straightening your arms, keeping your shoulders steady and your back flat throughout.
- Return to the start position and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	12			Complete 10-15 repetitions. Choose a light weight.
2	12			Complete 10-15 repetitions.
3	12			Complete 10-15 repetitions.

## Mountain Climber

Abs



- Support your body on your toes and hands with your arms straight
- 1 - Bring one knee in toward your chest, keeping the rest of your body in the push up position.
  - 2 - Straighten this leg and repeat on the other side.
- Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	30			Complete up to 30 seconds.
2	30			Complete up to 30 seconds.
3	30			Complete up to 30 seconds.