

## DAY 1 (TOTAL BODY)

1 MINUTE PER EXERCISE – 4 ROUNDS

1. Burpee Lateral Jumps
2. Dumb Bell Thruster
3. Dumb Bell Renegade Row
4. Lunge Upright Rows (3:3)
5. Alternating Step Up w/Dumb Bell  
Bicep Curl
6. Dumb Bell Tricep Kick Backs
7. Jump Ropes