

# TOTAL BODY WORKOUT #1

Do each move in order for 1 minute, the rest for up to 60 seconds. Repeat entire circuit twice more.

This total body circuit can be completed in about 35 minutes (including a short warm up and cool down). All you need is your own body weight and a pair of 5 & 8 lb dumb bells. Do three times in a week, plus three days of cardio.

## EXERCISE 1

LOCK & LOAD SQUAT JUMP

## EXERCISE 2

WALK-OUT PUSH-UPS

## EXERCISE 3

ROTATING GOBLET SQUAT

## EXERCISE 4

PADDLER'S POSE

## EXERCISE 5

ALTERNATING FRONT/SIDE LUNGE

## EXERCISE 6

CRESCENT POSE TRICEP KICKBACK

## EXERCISE 7

PLANK SHOULDER TAPS

## EXERCISE 8

CHOP SQUAT JACKS

## EXERCISE 9

BICEP CURL TO SHOULDER PRESS

Amp up the intensity, but watch your form on these exercises!