

Workout #7

Equipment Needed: Medium to Heavy Dumbbells

Complete the circuit moving quickly from one exercise to the next.

Repeat each circuit 2 times before moving on to the next.

Circuit #1

Lunge Squat Lunge

Bent Over Row

Curl to Arnold Press

Weighted Crunches

Circuit #2

Goblet Squat

Angled Side Raise

Chest Press Crunch

Bicycle Crunches

Circuit #3

Single Leg Squat

Push Press

Lying Overhead Extension

Knee to Chest Crunches

Workout #8

Equipment Needed: Medium to Heavy Dumbbells

Perform 4 rounds of each set of exercises moving from one exercise to the next with minimal rest. Rest 3 minutes before moving to the next set.

5 Push-ups
10 Thrusters
15 DB Swings
20 Mt. Climbers

5 Burpees
10 Renegade Row
15 Sumo Squats
20 Power Jacks

Workout #9

Equipment Needed: None

Perform each exercise for 30 seconds without resting between the exercises. Rest for 30 seconds to 60 seconds between each set of exercises. Repeat.

20 Alternating Step-ups with Knee Lift
Squat Jumps

20 Alternating Reverse Lunges
High Knees

20 Walking Side Squats
Power Jacks

20 Alternating Side Lunges
4 Mt.Climbers/1 Squat Jump

Repeat 2 more times.