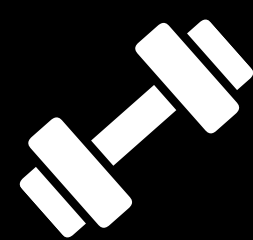


25  
MIN

# FULL BODY WORKOUT

For each block, complete the exercises in the time listed.  
Take a ONE MINUTE break in between blocks!



**You'll need a dumbbell!**

## WARM UP

4 squats + overhead reach (L)  
4 squats + overhead reach (R)  
4 side lunges to L + R hand to L foot  
4 side lunges to R + L hand to R foot  
4 large arm circles to the front  
4 large arm circles to the back

**x2**

30 seconds

**30 sec  
sprinter  
sit-ups**

**REMEMBER** how many you get!  
That's how many reps you'll  
do in every round!

1 minute

**12  
froggers**

**#  
sprinter  
sit-ups**

2 minutes

**12  
tricep  
extensions**

**12  
froggers**

**#  
sprinter  
sit-ups**

3 minutes

**12  
hip hinge  
swings**

**12  
tricep  
extensions**

**12  
froggers**

**#  
sprinter  
sit-ups**

4 minutes

**24  
alternating  
lateral lunges**

**12  
hip hinge  
swings**

**12  
tricep  
extensions**

**12  
froggers**

**#  
sprinter  
sit-ups**

5 minutes

**24  
pulsing  
half squats**

**24  
alternating  
lateral lunges**

**12  
hip hinge  
swings**

**12  
tricep  
extensions**

**12  
froggers**

**#  
sprinter  
sit-ups**

## COOL DOWN

20 seconds each side!

**standing  
quad stretch**

**cross-body  
(shoulder)  
stretch**

**runner's  
lunge**

**figure-4  
stretch**