

Full Body Workout

1 Set of Dumbbells

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method3
FITNESS

Complete the entire workout 3 times with the allotted reps. Good luck!



DUMBBELL OVERHEAD PRESS - 8 REPS

Stand tall with your dumbbells in hand, racked directly over your shoulders.

Extend your arms straight up overhead. Make sure to keep your back flat!



DUMBBELL BENT OVER ROW - 10 REPS

Take a bent over position at a 45 degree angle, with your back flat, arms extended slightly forward.

Draw your shoulder blades together on your back as you drive your elbows back.



SUMO SQUAT + BICEP CURL - 15 REPS

Stand with your feet apart nice and wide, toes turned out to the corners of the room.

Bend your knees, squatting down, and curl. Make sure to draw your knees back, chest up.



FRONT PLANK WITH KNEE LIFTS - 20 REPS

Start on your forearms, elbows under shoulders, knees down a foot or two behind your hips.

Lift your knees off the floor, keeping your body as stiff as a board. Try not to arch your back!