



DUMBBELLS WORKOUT

30 MINUTES

INTERMEDIATE FAT LOSS



WARM-UP

(3 MINUTES)

ARM CIRCLES –

30 SEC

BODYWEIGHT SQUATS–

30 SEC

JUMPING JACKS – 30

SEC

HIP CIRCLES –

30 SEC

WALKOUTS TO PUSH-

UP – 1 MIN

EXERCISEDURATION

1. GOBLET SQUAT

45 SEC

2. BENT-OVER ROWS

45 SEC

**3. DUMBBELL
ROMANIAN DEADLIFTS**

45 SEC

**4. PUSH PRESS
(DUMBBELLS)**

45 SEC

**5. MOUNTAIN
CLIMBERS**

45 SEC

EXERCISEDURATION

**1. RENEGADE ROWS
(ALT. DUMBBELL ROWS
IN PLANK)**

45 SEC

**2. DUMBBELL CHEST
PRESS
(FLOOR OR BENCH)**

45 SEC

**3. PLANK TO SHOULDER
TAP**

45 SEC

**4. RUSSIAN TWISTS
(WITH DB)**

45 SEC

5. BURPEES

45 SEC

EXERCISEDURATION

**1. REVERSE LUNGE TO
BICEP CURL**

45 SEC

**2. SUMO SQUAT +
UPRIGHT ROW**

45 SEC

**3. DUMBBELL SWING
(KB-STYLE)**

45 SEC

**4. JUMP SQUATS
(BODYWEIGHT)**

45 SEC

**5. FAST FEET +
DUMBBELL PUNCHES**

45 SEC

FORMAT:

- **PERFORM EACH EXERCISE FOR 45 SECONDS FOLLOWED BY 15 SECONDS REST**
- **COMPLETE 3 CIRCUITS (10 MIN EACH)**
- **REST 1 MINUTE BETWEEN CIRCUITS**