**Brutus Workout (#2)**

**Workout Focus:**

Total body

**Equipment Needed:**

Dumbbells

**Warm Up: 5 minutes**

3-4-minute walk, jog or bike (or jog in place/jumping jacks)

10 body weight squats

10 body weight step back lunges

10 good mornings

5 Inchworms (with push-up)

25 jumping jacks

**ROUND 1**

***Complete each set of exercises below 3 times total with 60 seconds rest between sets.***

1. Dumbbells Squats (15 reps)

Jump Squats (30 seconds)

\*Recover (30 seconds)

1. Plank Push-up (12 reps)

Plank Jacks (30 seconds)  
\*Recover (30 seconds)

1. Dumbbell Alternating Step Back Lunges (15 reps)

Cycled Split-Squat Jump (30 seconds)

\*Recover (30 seconds)

1. Bicep Curl to Shoulder Press (12 reps)

Burpee with Push-up (8 reps)

\*Recover (30 seconds)

**ROUND 2**

***Complete each set of exercises below 3 times total with 60 seconds rest between sets.***

1. Dumbbell Bulgarian Split Lunge (10 reps each leg)  
   Dumbbell Glute Bridge (10 reps)  
   Jump Squats (30 seconds)  
   \*Recover (30 seconds)
2. Chest Press (10 reps)

Single-Arm Row (10 reps each arm)

Plank Jacks (30 seconds)  
\*Recover (30 seconds)

1. Lateral Lunges (10 each leg reps)

Squat hold (30 seconds)

Cycled Split-Squat Jump (30 seconds)  
\*Recover (30 seconds)

1. Overhead Triceps extension (12 reps)

Hammer Curl (12 reps)

Burpee with Push-up (8 reps)  
\*Recover (30 seconds)

**ROUND 3**

**Do each core exercise for 25 reps x 2 sets.**

1. Vertical Toe Touch
2. Scissor kicks
3. Hip Raise
4. Front Plank (30 seconds)