**Brutus Workout (#3)**

**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)

**ROUND 1**

***Complete each set of exercises below 4 times total with 30-60 seconds rest between sets.***

1. Dumbbells Squats (40 seconds)

Jump Squats (20 seconds)

Alternating Reverse Lunge (40 seconds)

Cycled Split-Squat Jump (20 seconds)

1. Bent Over Row (40 seconds)

Seal Jacks (20 seconds)
Push-Ups (40 seconds)

Plank Jacks (20 seconds)

1. Sumo Squat (40 seconds)

Squat + Side Kick (20 seconds)
Alternating Curtsey Lunges (40 seconds)

Speed Skaters (20 seconds)

1. Bicep Curl (40 seconds)

High Row (20 seconds)

Tricep Kickback (40 seconds)

Lateral Raise (20 seconds)

**ROUND 3**

***Complete 50 reps total of each exercise below. You can do exercises in any order and for any amount at one time.***

Sit-Ups

Mountain Climbers

Russian Twists

Toe Touches

Burpees

**ROUND 3**

***Complete each set of exercises below 4 times total with 30-60 seconds rest between sets.***

1. Overhead Press (40 seconds)

Right Split Squat (20 seconds)

Narrow Press (40 seconds)

Left Split Squat (20 seconds)

1. Reverse Fly (40 seconds)

Deadlift (20 seconds)
Wide Bicep Curl (40 seconds)

Single Leg Deadlift (20 seconds)

1. Chest Fly (40 seconds)

Glute Bridge (20 seconds)

Chest Press (40 seconds)

Single Leg Glute Bridge (20 seconds)

1. Pull Overs (40 seconds)

Scissor Kicks (20 seconds)

Tricep Extension (40 seconds)

Criss-Cross Kicks (20 seconds)

**ROUND 4**

***Complete 25 reps total of each exercise below. You can do exercises in any order and for any amount at one time.***

Sit-Ups

Mountain Climbers

Russian Twists

Toe Touches

Burpees