**Winter Workout Program**

**Week #4 Workout**

**By Colin W.**

**Workout Focus:**

Total body

**Equipment Needed:**

Dumbbells

**Warm Up: Repeat Exercises below 4 times**

30 sec Jumping Jacks

10 Bodyweight squats

10 Bodyweight reverse lunges

10 Good mornings

5 Inchworms (with push-up)

**ROUND 1**

***Grab a set of medium to heavy weights. Complete each set of exercises 2x through.***

Squat to Overhead Press (60 seconds)

Left Leg Lateral Lunge (30 seconds)

Right Leg Lateral Lunge (30 seconds)

Mountain Climbers (without weight) (60 Seconds)

Deadlifts (45 seconds)

Glute bridge (45 seconds)

Sit ups (45 seconds)

**ROUND 2**

***Grab a set of medium to light weights, don’t be afraid to change weights as needed. Go through each of these sets for 5 minutes total individually, completing as many reps as you can of each set. This will give a total of 10 minutes of work for round 2. Take rest in between the two sets as needed.***

10 Bench press

10 Laying Tricep Extension

5 Push-ups

10 Bicep curls

10 Bent over fly

10 Front Raise

**ROUND 3**

***No weights needed here, complete the cardio burst one time through. Use modifications as needed.***

Jumping Jack (60 seconds)

Jumping Alternating Lunges (45 seconds)

Tuck Jumps (30 seconds)

Plank Jacks (15 Seconds)

Plank Hold (15 seconds)

Mountain Climbers (15 seconds)

Skaters (30 Seconds)

Drop Squats (45 seconds)

Jump Rope hops (60 seconds)

*\*Bonus Challenge: Go through an additional set*

**ROUND 4**

***Complete each movement for 20 seconds, and then rest for 10 seconds before going to the next move. Go for a total of 2 minutes including the rest.***

Leg lowers

Crunches

Side Plank Left

Side Plank Right

*Repeat round one more time for a total of 2 minutes for an additional challenge.*