

**Buckeye 1 Workout**

**Workout Focus:**

Total body

**Equipment Needed:**

Dumbbells, resistance band, plyo box or step

**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

**SET 1 (Lower Body)**

**Do exercises 1-6 in a row and complete 3 rounds total. Rest 15-30 seconds between exercises and 60-90 seconds between rounds.**

1. Dumbbells Squat to Press (15 reps)
2. Dumbbell Step Ups (16 reps)
3. Box Jumps or Drop Squat (10 reps)
4. Resistance Band Adductors (15 reps)
5. Dumbbell Glute Bridge (15 reps)
6. Resistance Band Lunge (16 reps)

**SET 2 (Upper Body)**

**Do exercises 1-6 in a row and complete 3 rounds total. Rest 15-30 seconds between exercises and 60-90 seconds between rounds.**

1. Decline Push-ups (10 reps)
2. Dips (15 reps)
3. Dumbbell Bicep curl (15 reps)
4. Resistance Band Front Raise (10 reps)
5. Dumbbell Bent over Fly (10 reps)
6. Single Arm Row with Tricep kickback (8 reps per arm)

**SET 3 (Tabata Cardio)**

**Do each exercise for 20 seconds, completing as many reps as possible. Rest 10 seconds between exercises. Complete 2 rounds total.**

1. Jumping Jacks
2. Box jump, or step ups
3. Drop Squats
4. Dumbbell alternating reserve lunge with shoulder press

**SET 4 (Core)**

**Do each core exercise for 25 reps, 2 rounds total. Rest 15-20 seconds between exercises.**

1. Weighted sit up
2. Front Plank (30 seconds)
3. Oblique v-up
4. Oblique v-up
5. Front Plank (30 seconds)