 **Buckeye 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**

***Grab a set of medium to heavy weights and complete each set of exercises below 3 times total with 30-60 seconds rest between sets.***

1. Squat (30 seconds)

Squat to Overhead Press (30 seconds)

Overhead Press (30 seconds)

\*Mountain Climbers (20 reps)

1. Deadlift (30 seconds)

Deadlift to Bent Over Row (30 seconds)
Bent Over Row (30 seconds)

\*Plank Jacks (20 reps)

1. Alternating Step Back Lunge (30 seconds)

Alternating Lunge to Bicep Curl (30 seconds)

Bicep Curl (30 seconds)

\*Sit-Ups (20 reps)

1. Sumo Squat (30 seconds)

Sumo Squat to High Row (30 seconds)

High Row (30 seconds)

\*Bicycle Crunches

**ROUND 2**

***Complete push-up/cardio challenge below as quickly as you can.***

10 Push-Ups / 20 High Knees

 9 Push-Ups / 5 Burpees

 8 Push-Ups / 15 High Knees

 7 Push-Ups / 10 Burpees

 6 Push-Ups / 10 High Knees

 5 Push-Ups / 20 Burpees

**ROUND 3**

***Grab one heavy weight and complete each set of exercises below 2 times total (once each side) with 30-60 seconds rest between sets.***

1. Lateral Lunge (60 seconds)

Overhead Tricep Extension (60 seconds)

*\*Russian Twists (20 reps)*

*Repeat other side*

1. Single Leg Deadlift (60 seconds)

Single Arm Curl to Press (60 seconds)
\* Standing Oblique Crunch (20 reps)

*Repeat other side*

1. Single Leg Glute Bridge (60 seconds)

Weighted Pullovers (60 seconds)
\* Weighted Crunch (20 reps)

*Repeat other side*

**ROUND 4**

***Complete each movement for 20 seconds each, resting 10-15 seconds in between.***

Right Side Plank with Reach Through

Front Plank with Alternating Leg Lifts

Left Side Plank with Reach Through

Front Plank with Alternating Arm Lifts

Hollow Rocks

Reverse Plank

*Repeat round once more for additional challenge!*