

**Buckeye 4 Workout**

**By Catherine R.**

**Workout Focus:**

Total Body

**Equipment Needed:**

Dumbbells

**Warm Up: About 5 minutes**

20 Jumping jacks

10 Body Weight Squats

10 Reverse Lunges

5 Inchworms with Push Up

Repeat 3x

**SET 1: 12 MINUTES**

**Grab two medium to heavy dumbbells. Complete the circuit 3x for 40 seconds of work, 20 seconds of rest. Take a 30 seconds rest after each set (all four moves once).**

Alternating Curtsy Lunge to Sumo Squat

Squats (+ add pulse at the bottom)

Bent-Over Row

Alternating Lateral Lunge + Overhead Press

**Cardio Burst TABATA: 4 MINUTES**

**Complete these two moves four times through, alternating between the two moves for 20 seconds of high intensity work followed by 10 seconds of rest. 4 minutes of work.**

High Knees

Squat to Oblique Crunch

**SET 2: 9 MINUTES**

**Grab two medium dumbbells. Complete the circuit 3x for 30 seconds of work, 15 seconds of rest. Take a 30 seconds rest after each set (all four moves once).**

Push Ups

Kneeling Bicep Curl + Arnold Press

Plank + Hip dip

Glute Bridge

**Cardio Burst TABATA: 4 MINUTES**

**Complete these two moves four times through, alternating between the two moves for 20 seconds of high intensity work followed by 10 seconds of rest. 4 minutes of work.**

Bicycles

Mountain climbers

**SET 3: AS LONG AS YOU NEED!**

**Run through each move from the two previous circuits 12 reps each exercise, then 10 reps each exercise, finishing with 8 reps each exercise. Complete with as little rest as able.**

Alternating Curtsy Lunge to Sumo Squat

Squats (+ add pulse at the bottom)

Bent-Over Row

Alternating Lateral Lunge + Overhead Press

Push Ups

Kneeling Bicep Curl + Arnold Press

Plank + Hip dip

Glute Bridge

**Repeat the round once more with 6 reps each exercise for an additional challenge!**