Brutus 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
Complete each set of exercises below 3 times total with 60 seconds rest between sets.

1. Dumbbells Squats (15 reps)
   Jump Squats (30 seconds)
   *Recover (30 seconds)

2. Plank Push-up (12 reps)
   Plank Jacks (30 seconds)
   *Recover (30 seconds)

3. Dumbbell Alternating Step Back Lunges (15 reps)
   Cycled Split-Squat Jump (30 seconds)
   *Recover (30 seconds)

4. Bicep Curl to Shoulder Press (12 reps)
   Burpee with Push-up (8 reps)
   *Recover (30 seconds)
ROUND 2
Complete each set of exercises below 3 times total with 60 seconds rest between sets.

1. Dumbbell Bulgarian Split Lunge (10 reps each leg)
   Dumbbell Glute Bridge (10 reps)
   Jump Squats (30 seconds)
   *Recover (30 seconds)

2. Chest Press (10 reps)
   Single-Arm Row (10 reps each arm)
   Plank Jacks (30 seconds)
   *Recover (30 seconds)

3. Lateral Lunges (10 each leg reps)
   Squat hold (30 seconds)
   Cycled Split-Squat Jump (30 seconds)
   *Recover (30 seconds)

4. Overhead Triceps extension (12 reps)
   Hammer Curl (12 reps)
   Burpee with Push-up (8 reps)
   *Recover (30 seconds)

ROUND 3
Do each core exercise for 25 reps x 2 sets.

1. Vertical Toe Touch
2. Scissor kicks
3. Hip Raise
4. Front Plank (30 seconds)