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)

2. Deadlift (30 seconds)
   Deadlift to Bent Over Row (30 seconds)
   Bent Over Row (30 seconds)
   *Plank Jacks (20 reps)

3. Alternating Step Back Lunge (30 seconds)
   Alternating Lunge to Bicep Curl (30 seconds)
   Bicep Curl (30 seconds)
   *Sit-Ups (20 reps)

4. 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*

2. Single Leg Deadlift (60 seconds)
   Single Arm Curl to Press (60 seconds)
   * Standing Oblique Crunch (20 reps)
   
   *Repeat other side*

3. 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!*