

Dumbbells

Perform each move for 60 seconds of work with 30 seconds of rest between moves:

	Exercise	Work	Rest
1	Alternating 1-Arm Pushup-Position Rows	60s	30s
2	Alternating Hand Dumbbell Pushups	60s	30s
3	ISO Split Squat Full Frontal Raise + Triceps Extension <i>Left/Weak Side</i>	60s	30s
4	ISO Split Squat Full Frontal Raise + Triceps Extension <i>Right/Strong Side</i>	60s	30s
5	Stepback Reverse Fly + Row <i>Left/Weak Side</i>	60s	30s
6	Stepback Reverse Fly + Row <i>Right/Strong Side</i>	60s	30s
7	Lateral Step to Clean & Press <i>Left/Weak Side</i>	60s	30s
8	Lateral Step to Clean & Press <i>Right/Strong Side</i>	60s	30s
9	Muscle Snatch to Alternating Overhead Lunge <i>Left/Weak Side</i>	60s	30s
10	Muscle Snatch to Alternating Overhead Lunge <i>Right/Strong Side</i>	60s	30s

That's 1 round. Perform 2 total rounds.

