

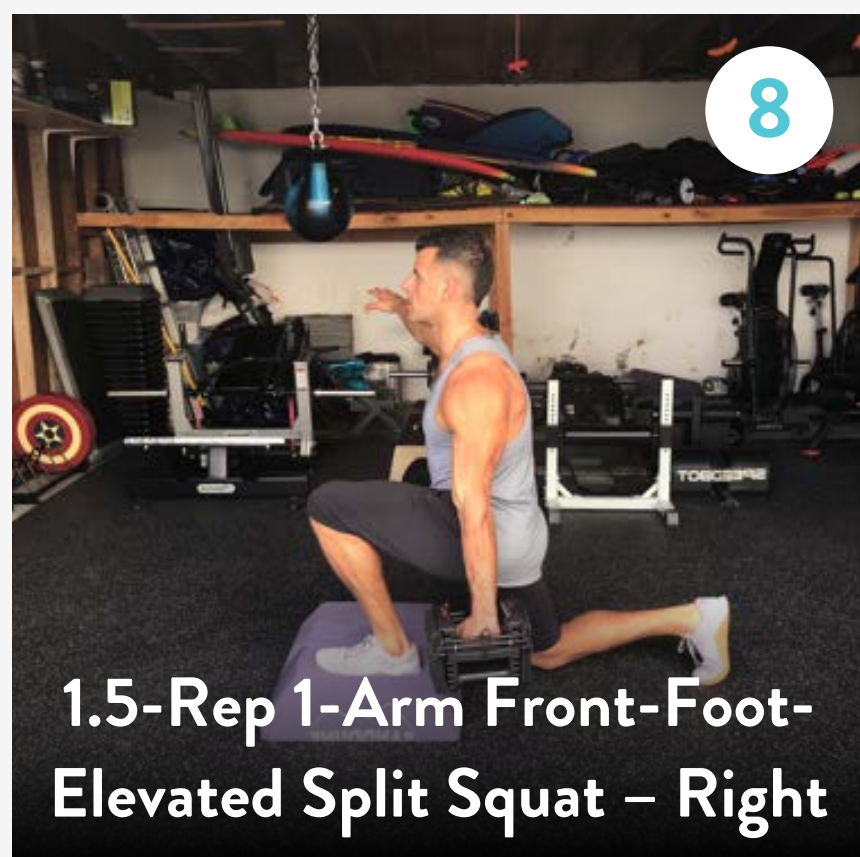
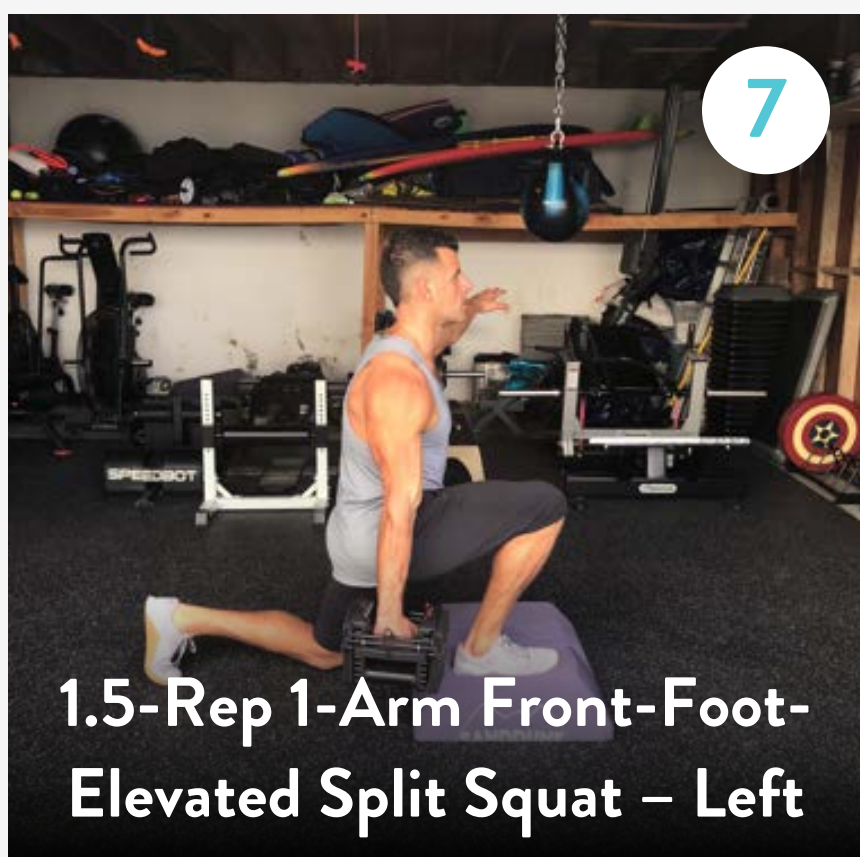
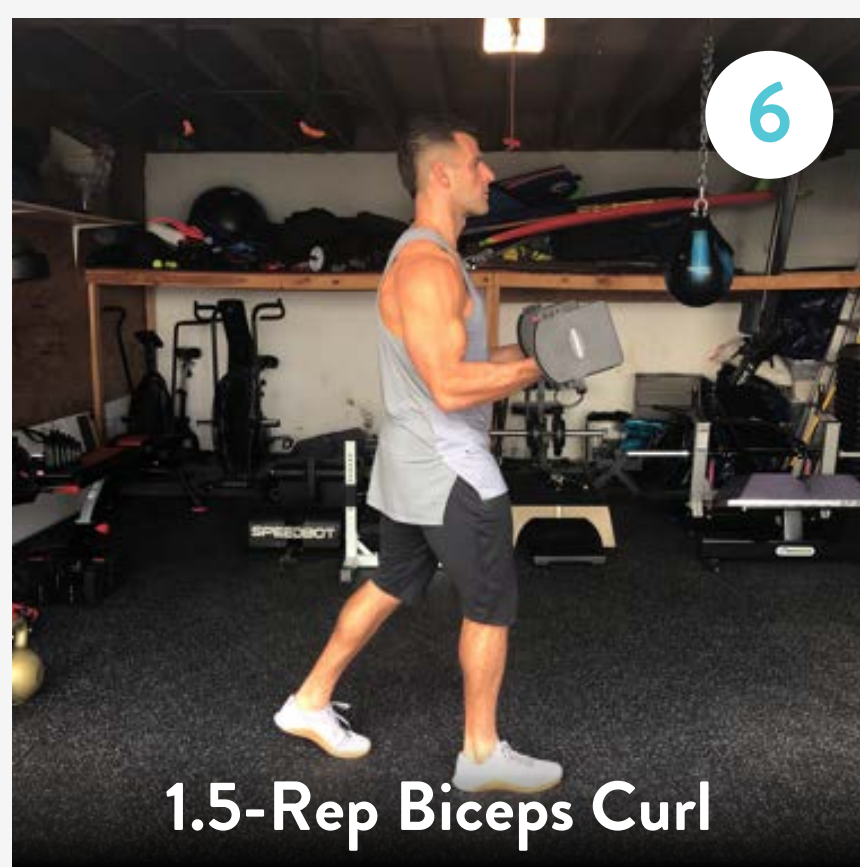
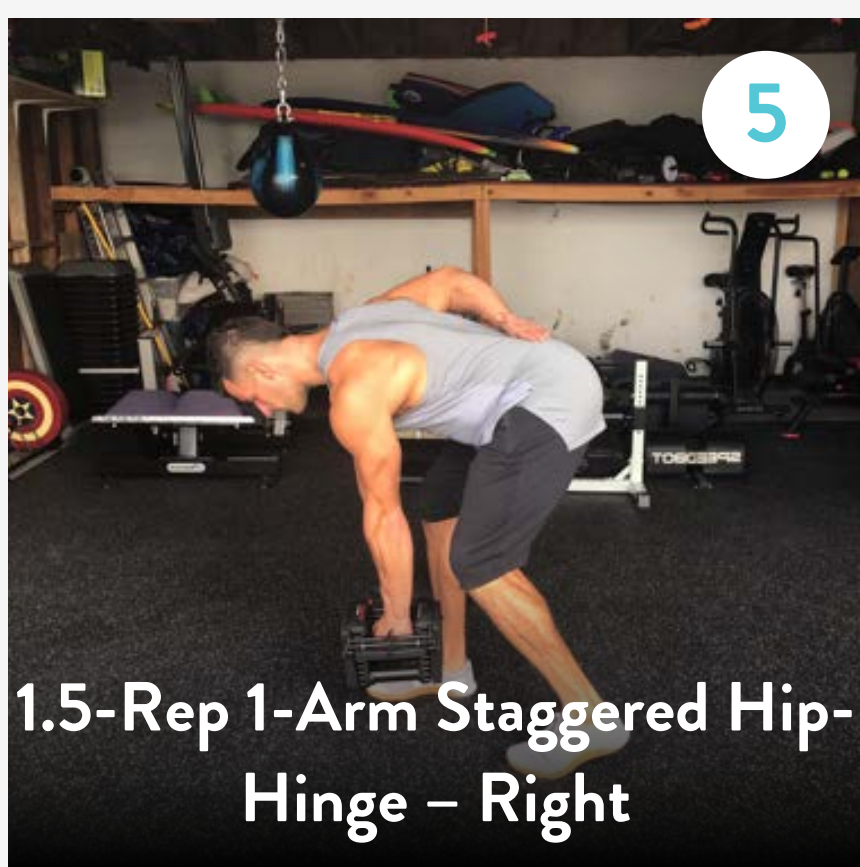
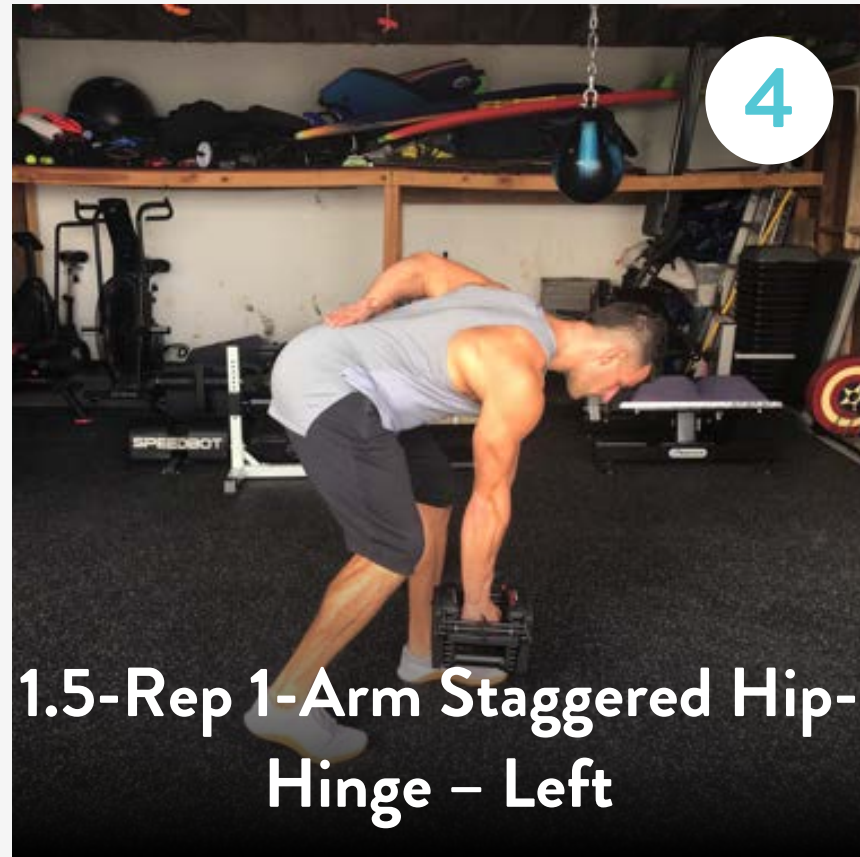
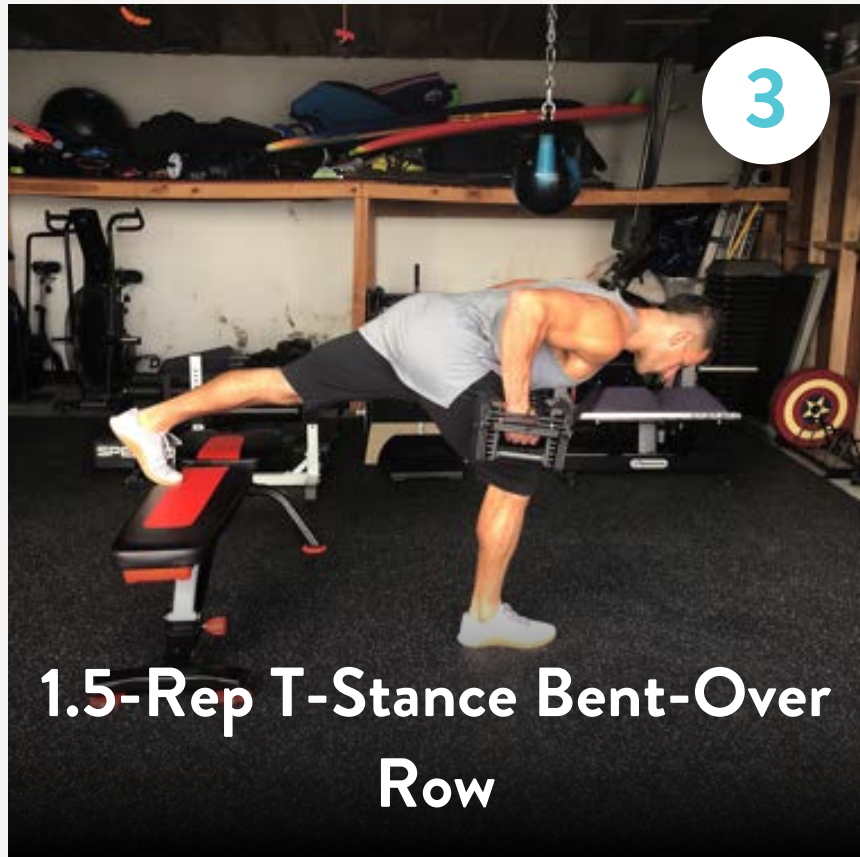
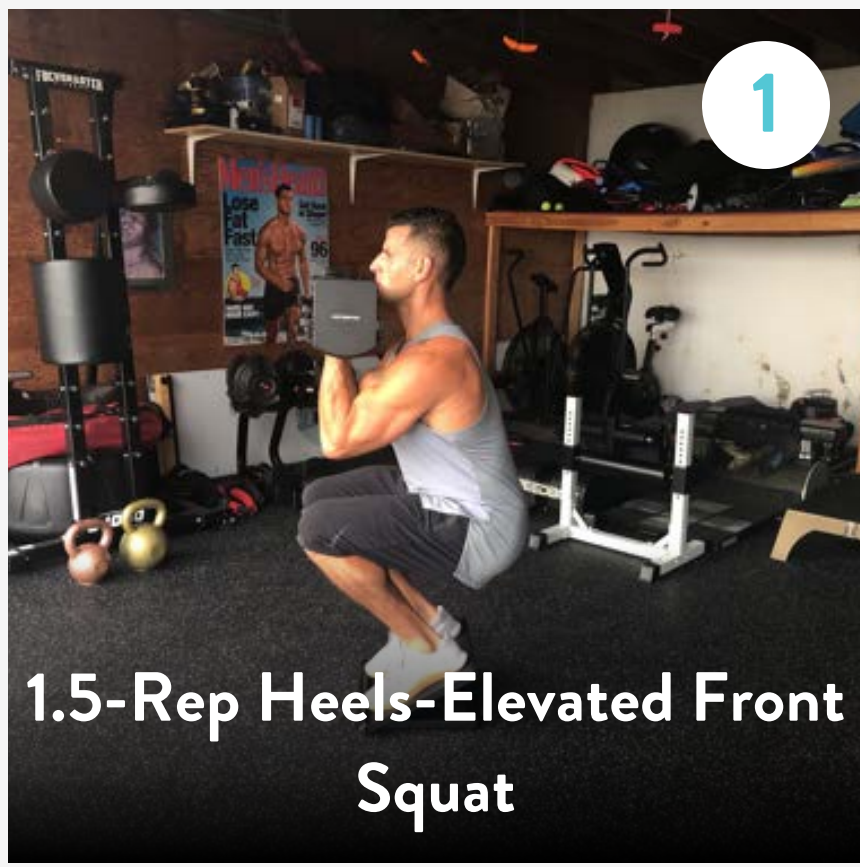
Dumbbells

Perform each move for 60 seconds of work with 15 seconds of rest between moves:

Do up to 3 total rounds, resting a minute between rounds.

	Exercise	Work	Rest
1	1.5-Rep Heels-Elevated Front Squat	60s	15s
2	1.5-Rep Reverse-Grip Pushup	60s	15s
3	1.5-Rep T-Stance Bent-Over Row	60s	15s
4	1.5-Rep 1-Arm Staggered Hip-Hinge – Left	60s	15s
5	1.5-Rep 1-Arm Staggered Hip-Hinge – Right	60s	15s
6	1.5-Rep Biceps Curl	60s	15s
7	1.5-Rep 1-Arm Front-Foot-Elevated Split Squat	60s	15s
8	1.5-Rep 1-Arm Front-Foot-Elevated Split Squat	60s	15s

1 Round = 10 Minutes. Repeat **3x**



See this workout at:

<https://thedailybj.vhx.tv/february-2019-workouts/videos/workout-3-dumbbells>