

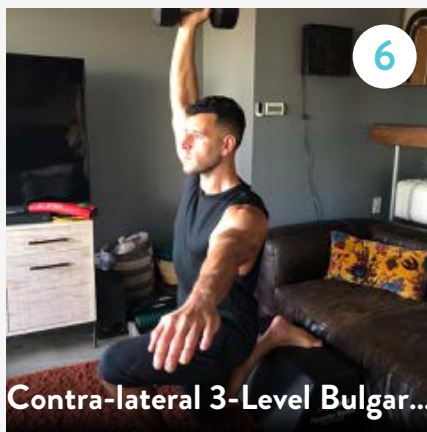
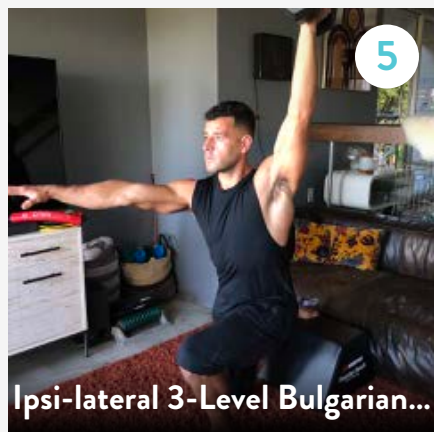
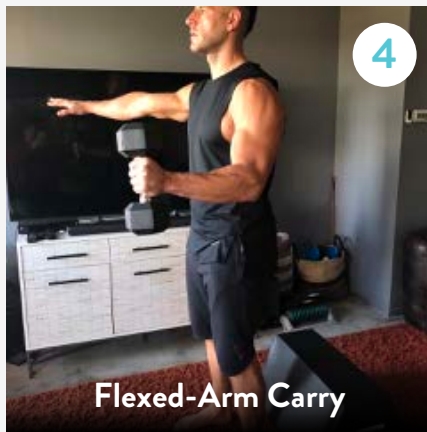
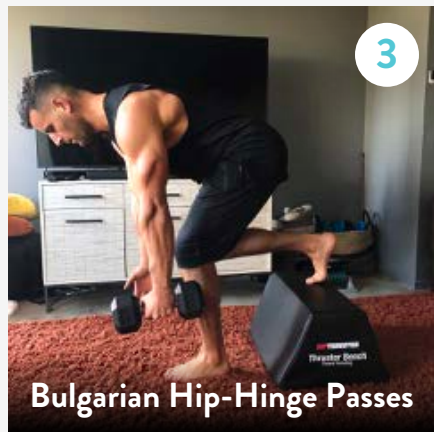
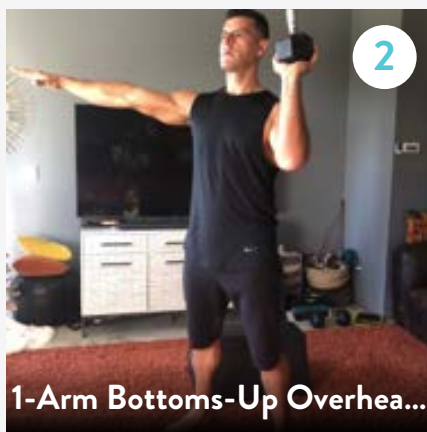
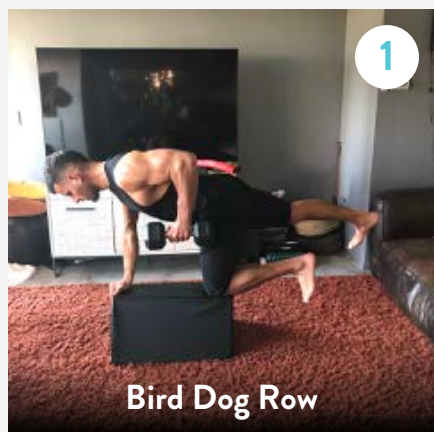
Single Dumbbell

Perform each move for 2 minutes of work with 30 seconds of rest between moves:

Do up to 2 total rounds for a 30-minute workout.

	Exercise	Time	Rest
1	Bird Dog Row 60 seconds / side	2m	30s
2	1-Arm Bottoms-Up Overhead Press 60 seconds / side	2m	30s
3	Bulgarian Hip-Hinge Passes 60 seconds / side	2m	30s
4	Flexed-Arm Carry 60 seconds / side	2m	30s
5	Ipsi-lateral 3-Level Bulgarian Split Squat 60 seconds / side	2m	30s
6	Contra-lateral 3-Level Bulgarian Split Squat 60 seconds / side	2m	30s

1 Round = 15 Minutes. Repeat **2x**



See this workout at:

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