

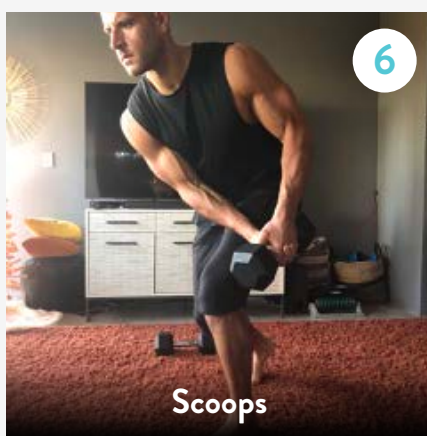
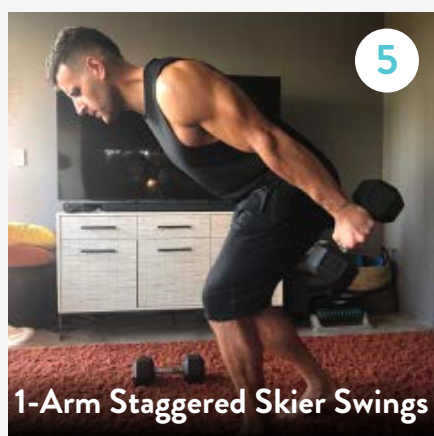
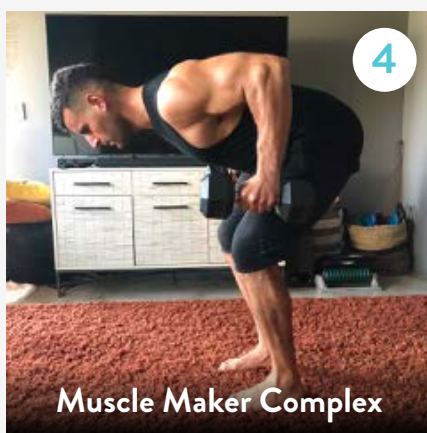
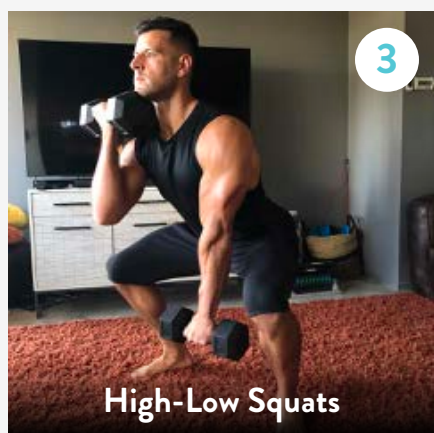
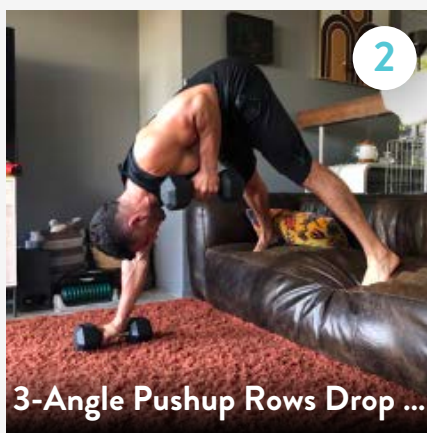
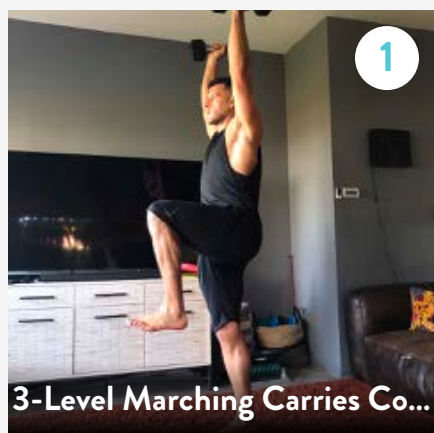
Double Dumbbells

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	3-Level Marching Carries Complex <i>40 seconds / level</i>	2m	30s
2	3-Angle Pushup Rows Drop Set <i>40 seconds / angle</i>	2m	30s
3	High-Low Squats <i>60 seconds / side</i>	2m	30s
4	Muscle Maker Complex <i>Row to Curl to Press to Ext.</i>	2m	30s
5	1-Arm Staggered Skier Swings <i>60 seconds / side</i>	2m	30s
6	Scoops <i>60 seconds / side</i>	2m	30s

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



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-6-january-2019>