

## Single Dumbbell

### Part 1

### Continuous Alternating Stepups

	Exercise	Work	Rest
a	1-Arm Alternating Stepups <i>Left Hand</i>	60s	0s
b	1-Arm Alternating Stepups <i>Right Hand</i>	60s	0s

Repeat for 10 straight minutes

### Part 2

### Continuous Alternating Lunges

	Exercise	Work	Rest
a	1-Arm Alternating Lunges <i>Left Hand</i>	60s	0s
b	1-Arm Alternating Lunges <i>Right Hand</i>	60s	0s

Repeat for 10 straight minutes

### Part 3

### EMOM Goblet Squats

Do **10 reps** EMOM  
(every minute on the minute)

After completing 10 reps,  
**rest the remainder of each minute**

Perform 10 total rounds

Once you can do 10 reps in all 10 rounds,  
bump the weight up 2.5-5 pounds

If you don't have access to heavier weights,  
just add 1 rep/round

