

1 Pair of Dumbbells

Alternate between 40 seconds of work and 20 seconds of rest for each move:

	Exercise	Work	Rest
1	Bulgarian Triceps Extensions <i>Left/Weak Side</i>	40s	20s
2	Bulgarian Triceps Extensions <i>Right/Strong Side</i>	40s	20s
3	Bulgarian Rows <i>Left/Weak Side</i>	40s	20s
4	Bulgarian Rows <i>Right/Strong Side</i>	40s	20s
5	Bulgarian Thrusters <i>Left/Weak Side</i>	40s	20s
6	Bulgarian Thrusters <i>Right/Strong Side</i>	40s	20s
7	Bulgarian Hinges <i>Left/Weak Side</i>	40s	20s
8	Bulgarian Hinges <i>Right/Strong Side</i>	40s	20s
9	Bulgarian Curls <i>Left/Weak Side</i>	40s	20s
10	Bulgarian Curls <i>Right/Strong Side</i>	40s	20s

Rest 1-2 Minutes

That's 1 round. Do up to 3 total rounds, resting 1-2 minutes between rounds.

