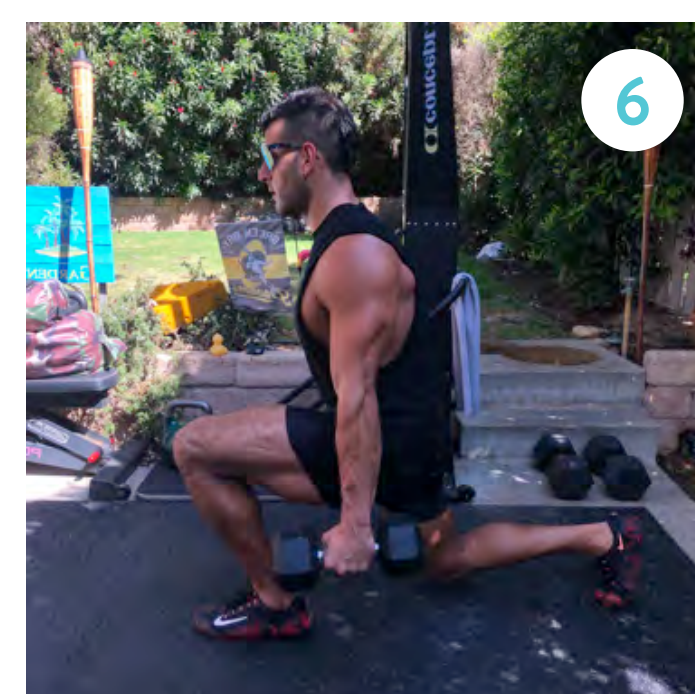
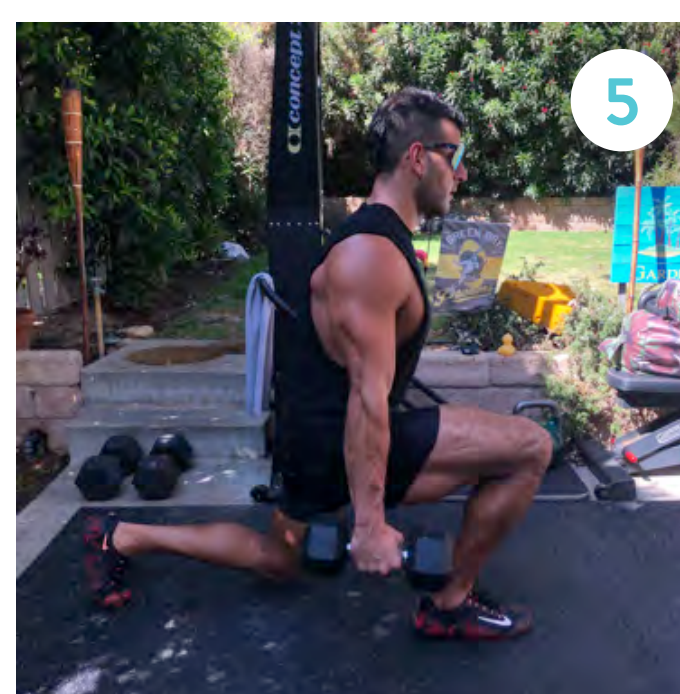
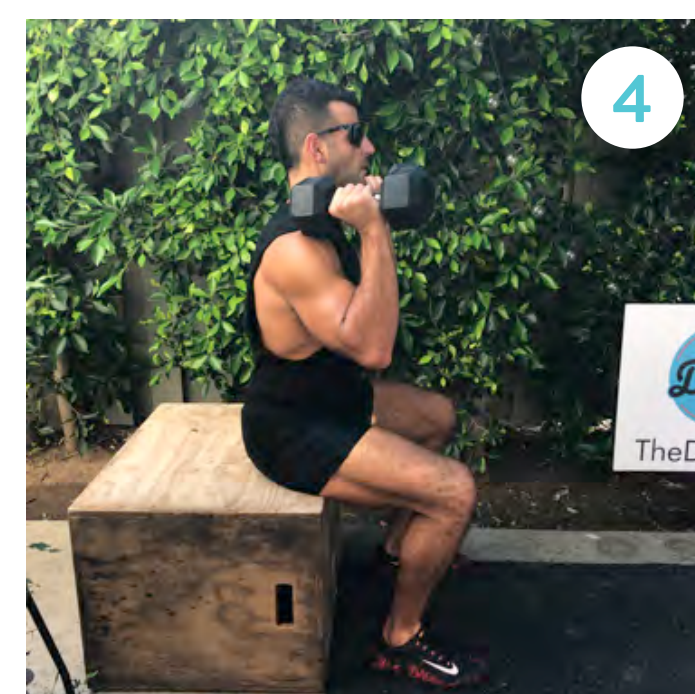
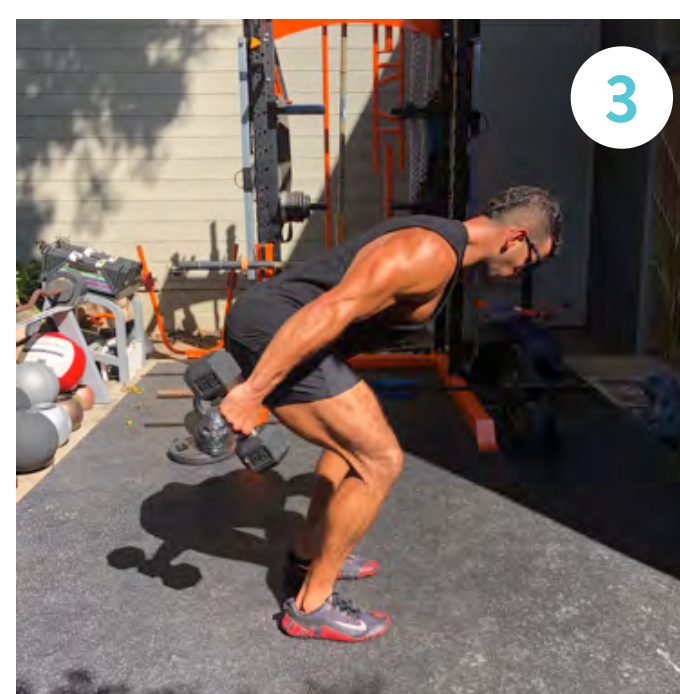
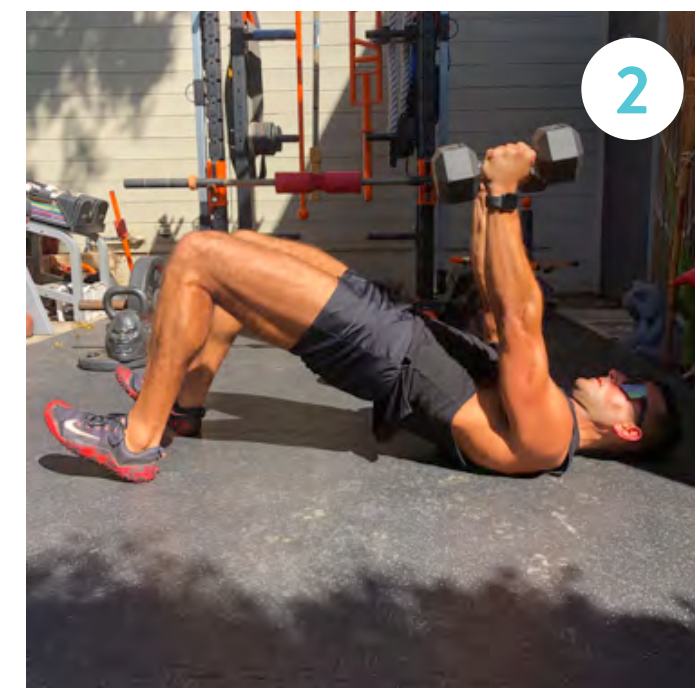
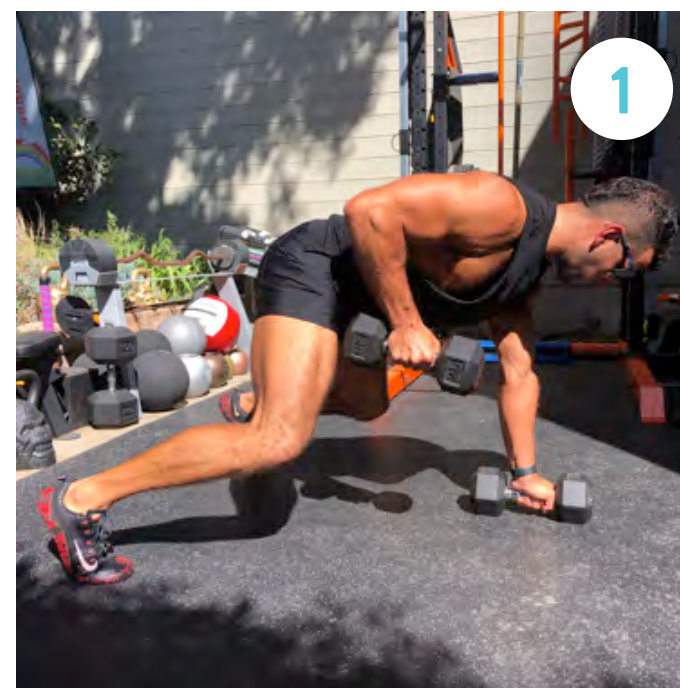


Dumbbells

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Bear Crawl Rows	30s	30s
2	Bridged Floor Presses	30s	30s
3	Skier Swings	30s	30s
4	Box Thrusters	30s	30s
5	Zombie Lunges <i>Left Leg</i>	30s	30s
6	Zombie Lunges <i>Right Leg</i>	30s	30s



That's 1 round that takes 6 minutes to complete.

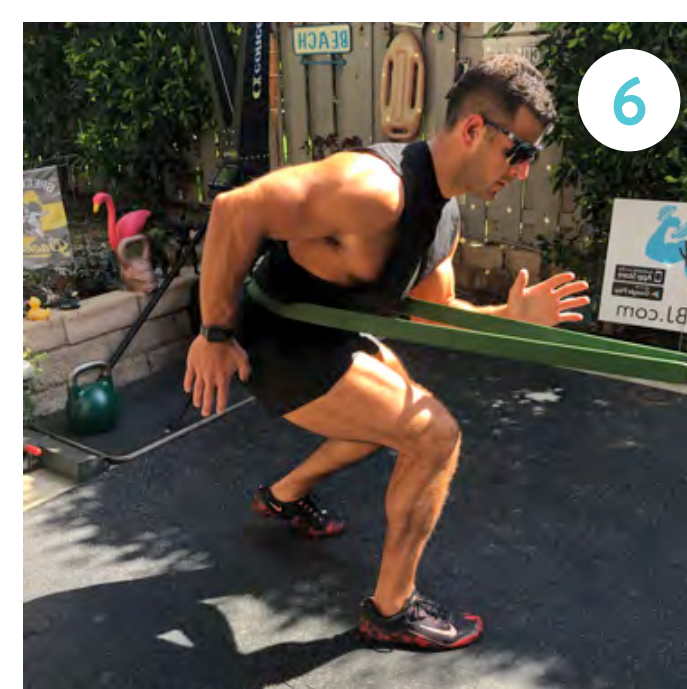
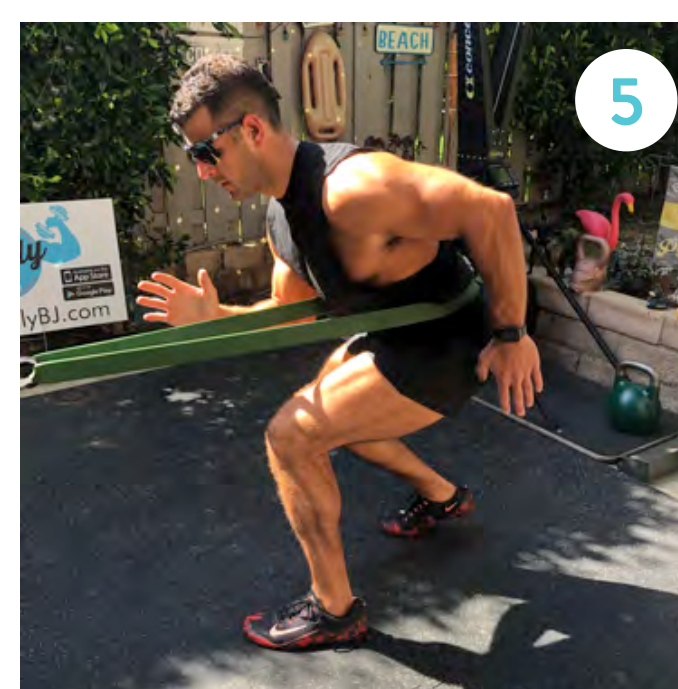
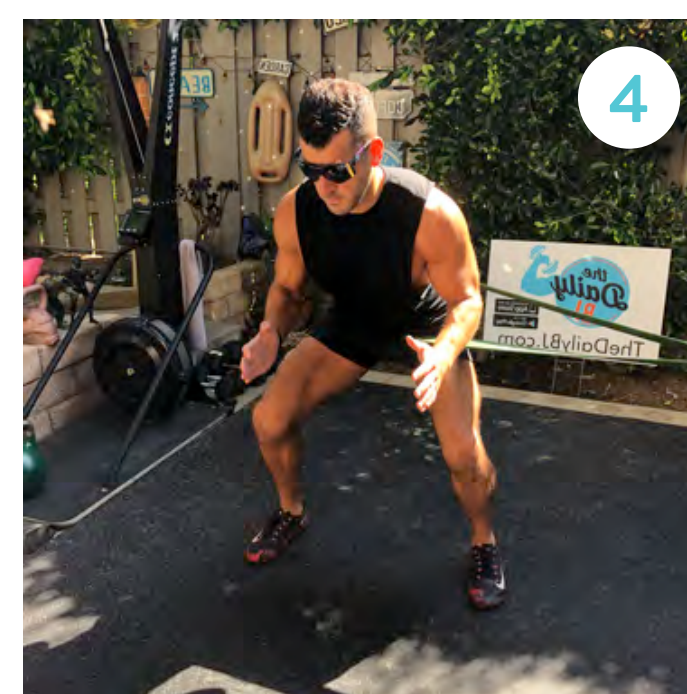
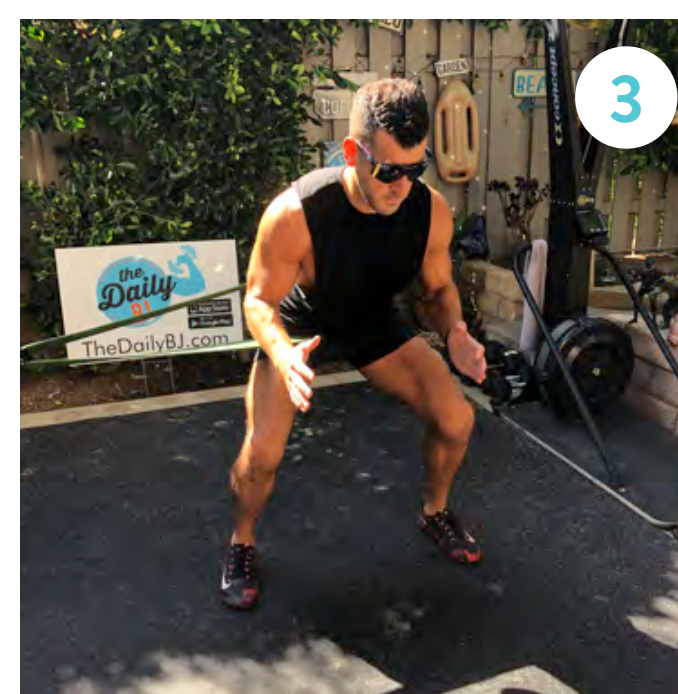
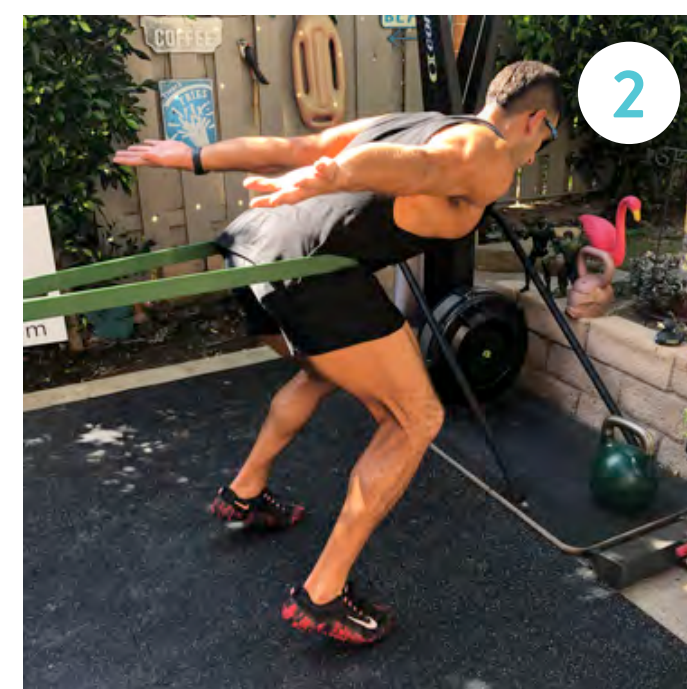
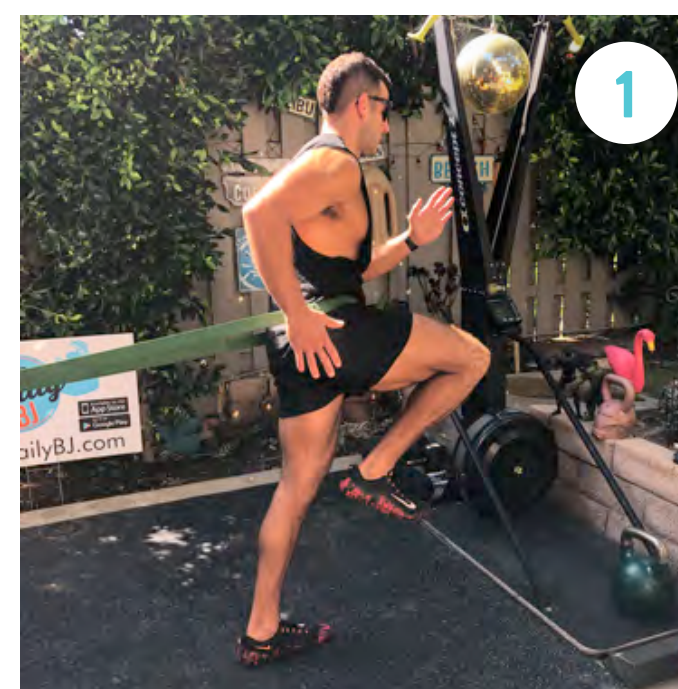
Perform up to 5 total rounds for a 30-minute workout.

See this workout at: <http://tdbj.me/aff26>

Bands

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Stationary Running	30s	30s
2	Leaning Vertical Jumps	30s	30s
3	Shuffle Left	30s	30s
4	Shuffle Right	30s	30s
5	Backpedal Left	30s	30s
6	Backpedal Right	30s	30s



That's 1 round that takes 6 minutes to complete.

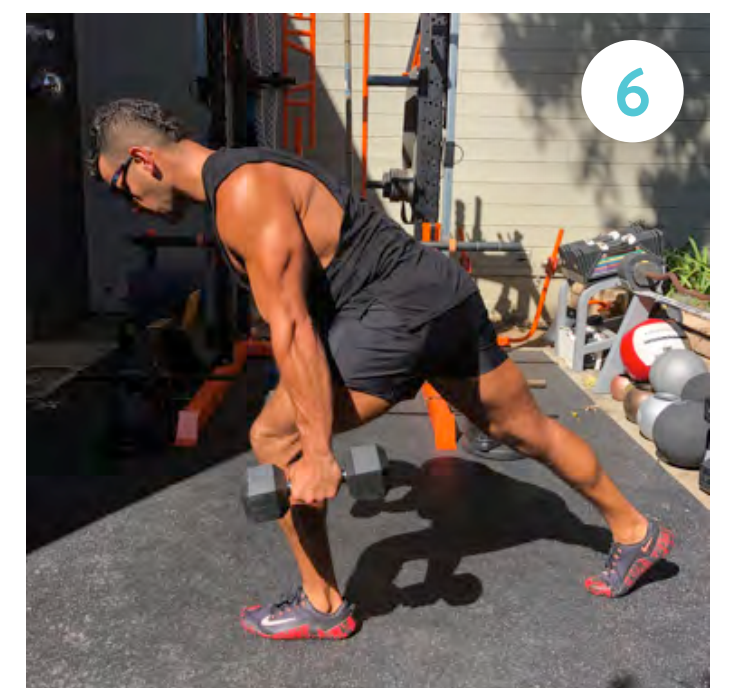
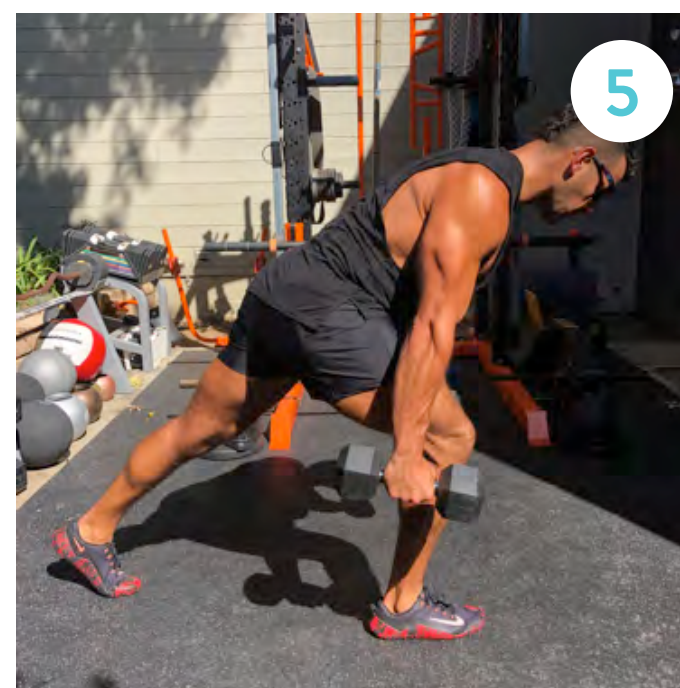
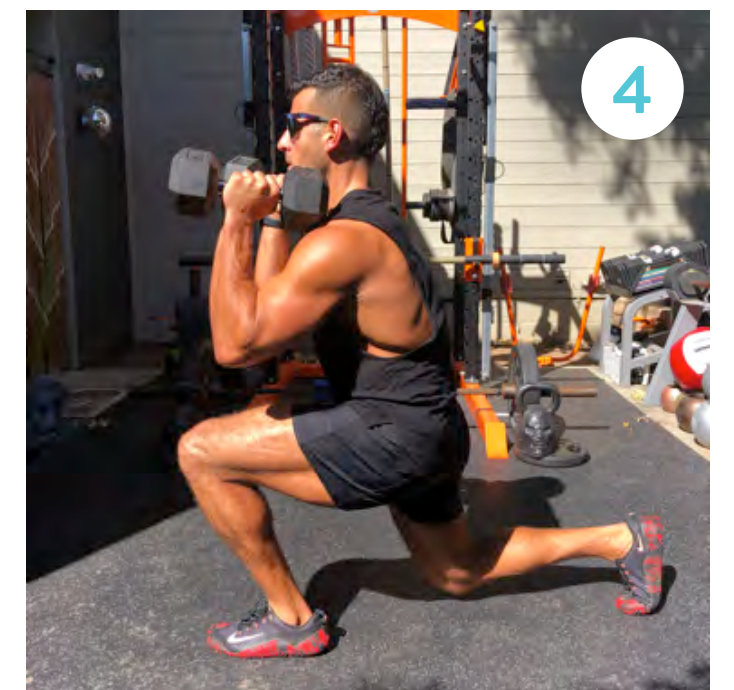
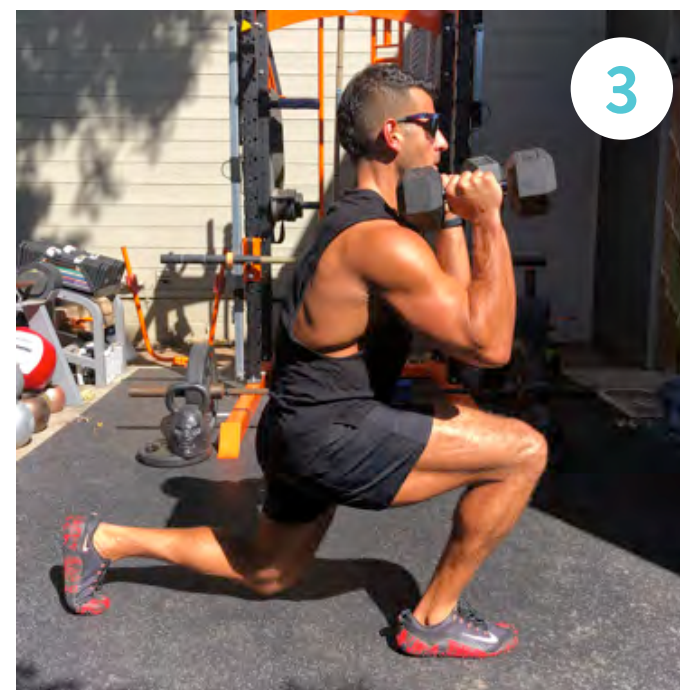
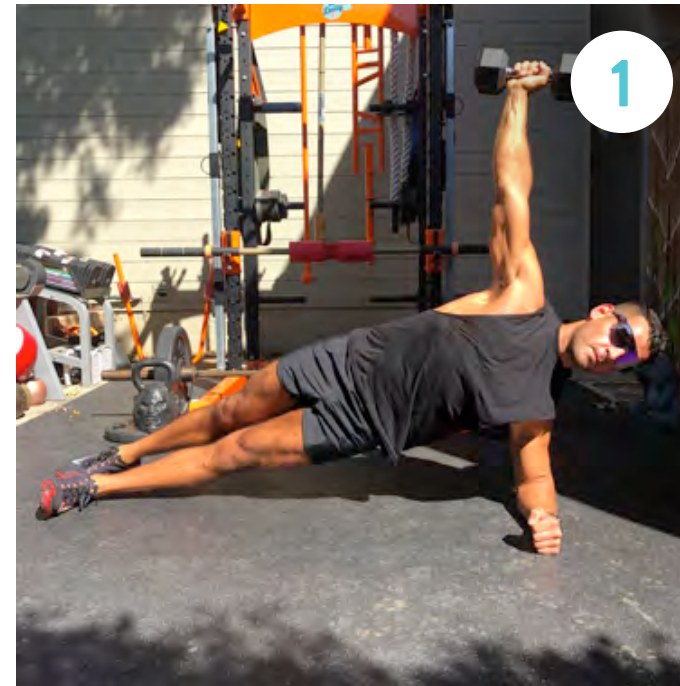
Perform up to 5 total rounds for a 30-minute workout.

See this workout at: <http://tdbj.me/cc807>

Dumbbells

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Weighted Side Plank Hold <i>Left</i>	30s	30s
2	Weighted Side Plank Hold <i>Right</i>	30s	30s
3	Reverse Lunge Clean to Overhead Press <i>Left</i>	30s	30s
4	Reverse Lunge Clean to Overhead Press <i>Right</i>	30s	30s
5	Stepback to Forward Lunge Clean <i>Left</i>	30s	30s
6	Stepback to Forward Lunge Clean <i>Right</i>	30s	30s



See this workout at: <http://tdbj.me/bb10d>

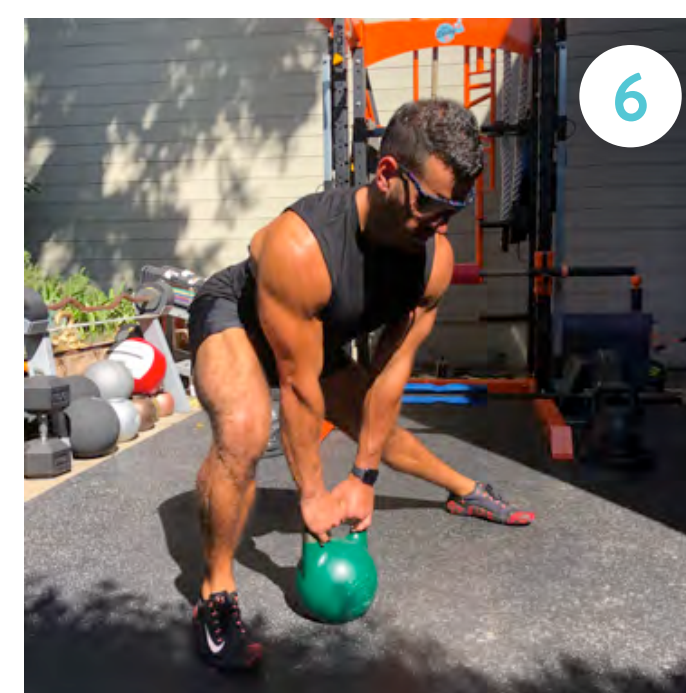
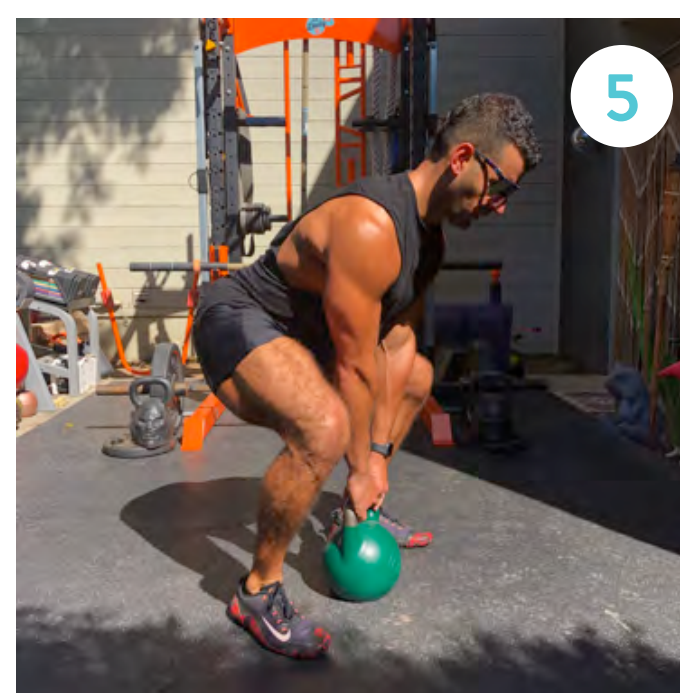
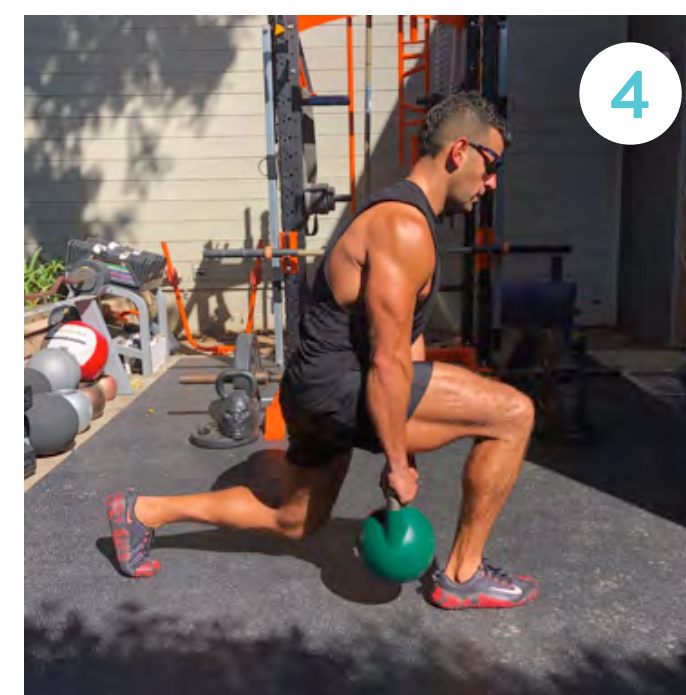
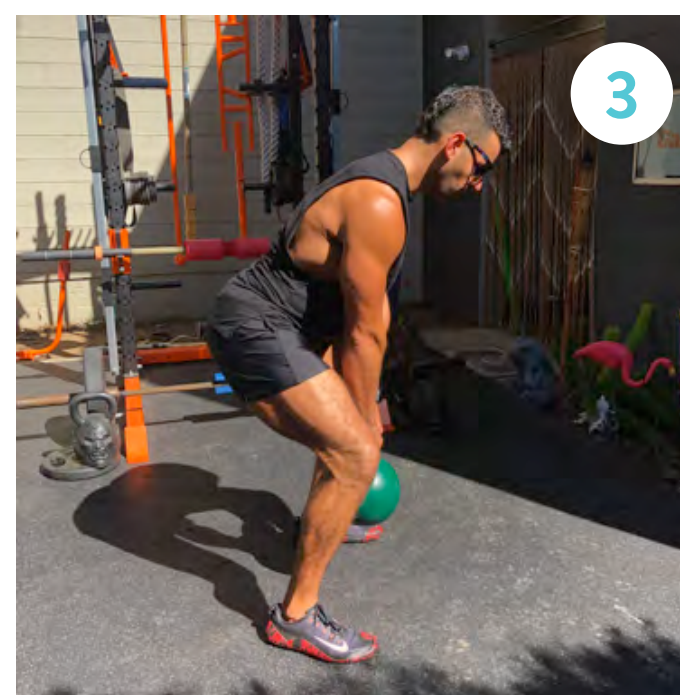
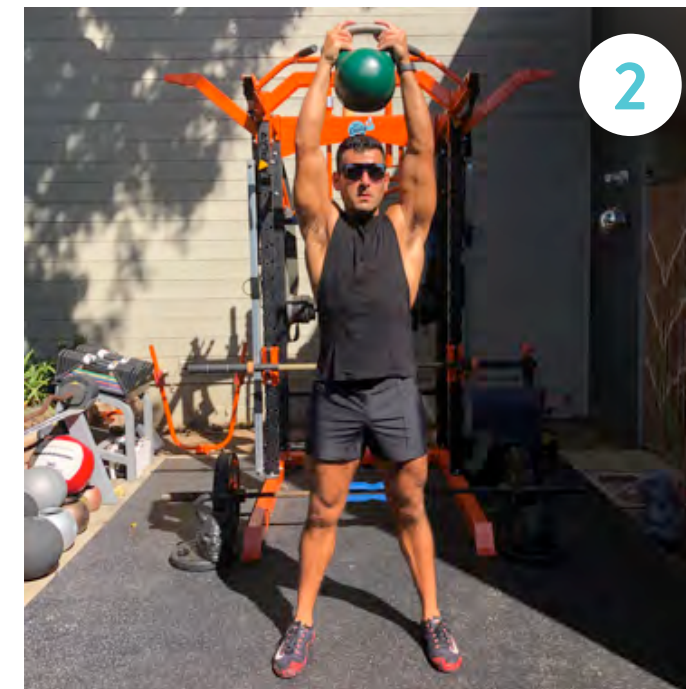
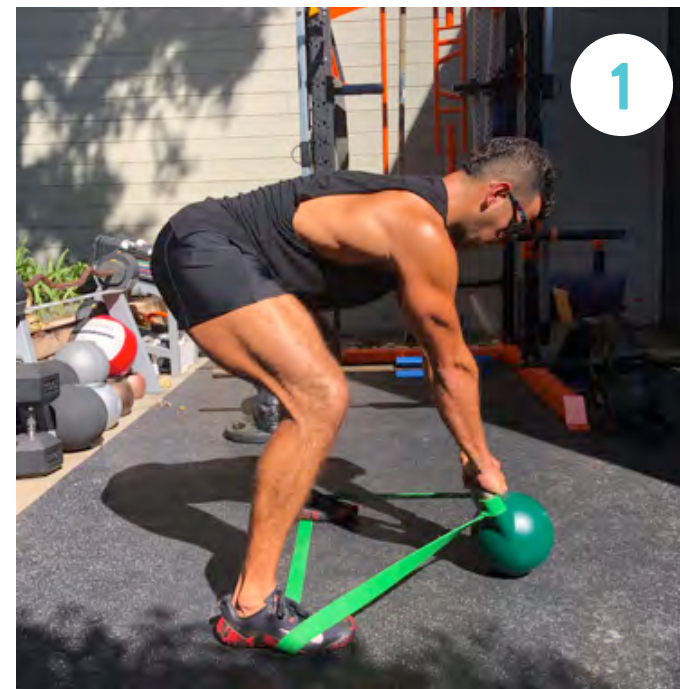
That's 1 round that takes 6 minutes to complete.

Perform up to 5 total rounds for a 30-minute workout.

Kettlebell

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Banded Swings	30s	30s
2	Goblet Presses	30s	30s
3	Goblet Cleans	30s	30s
4	Threaded Lunges	30s	30s
5	American Snatches	30s	30s
6	Alternating Lateral Lunge to High Pull	30s	30s



That's 1 round that takes 6 minutes to complete.

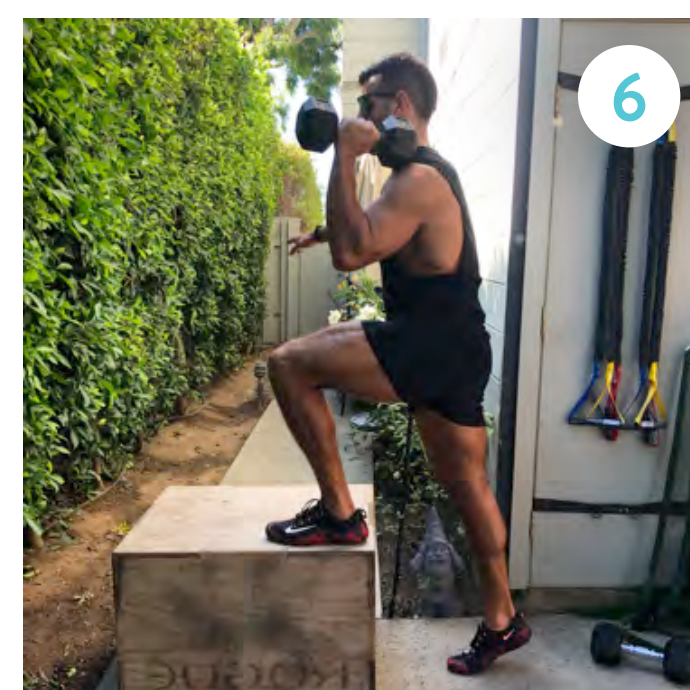
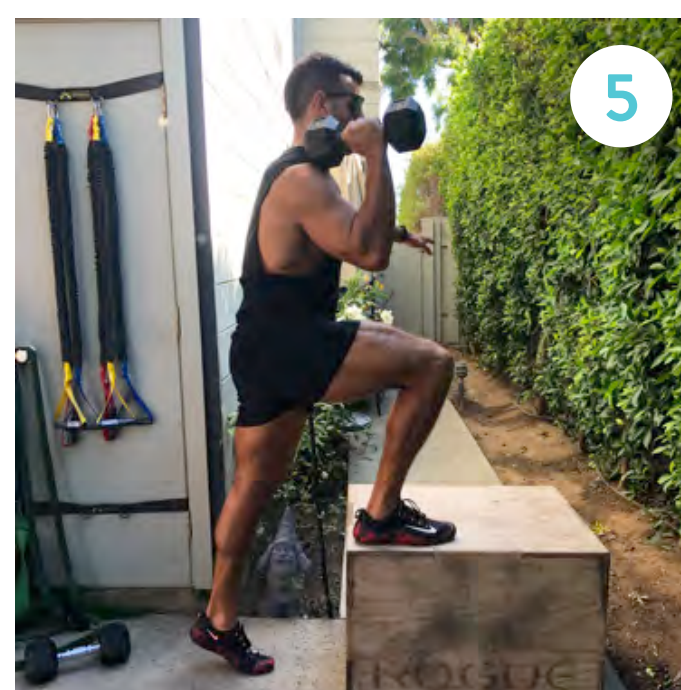
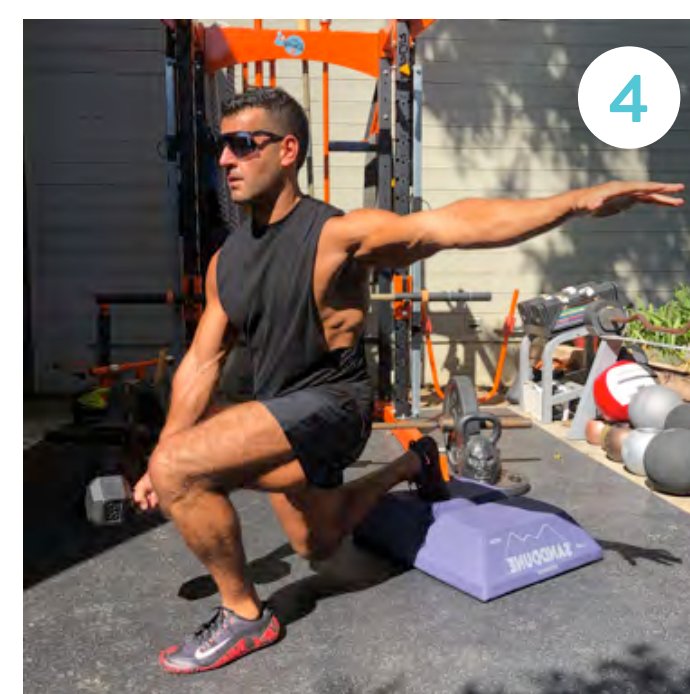
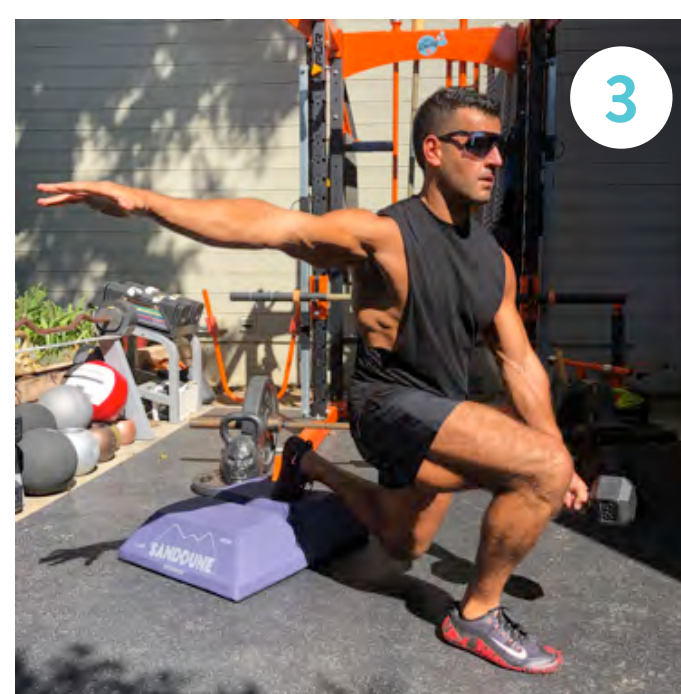
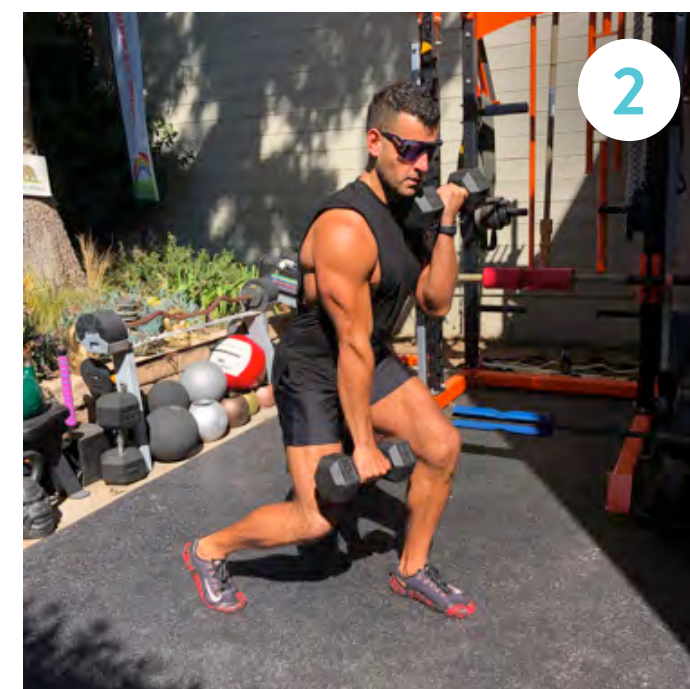
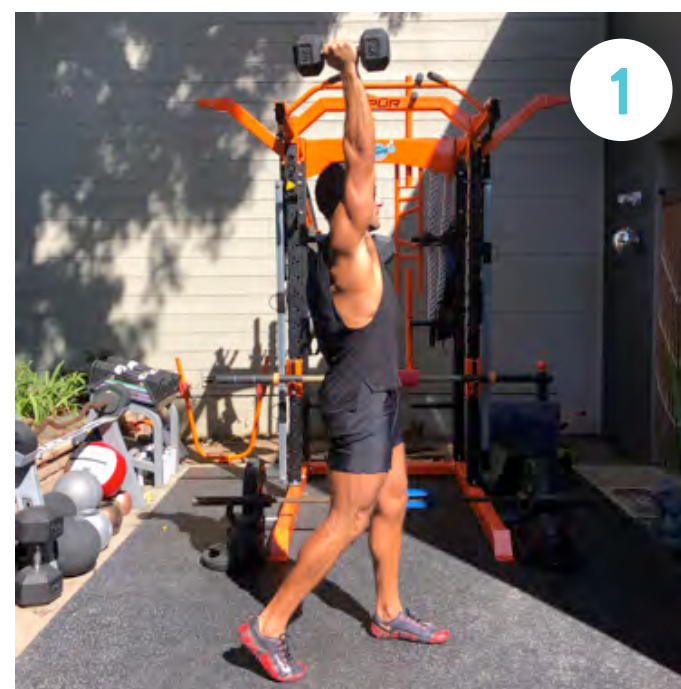
Perform up to 5 total rounds for a 30-minute workout.

See this workout at: <http://tdbj.me/85c7e>

Dumbbells

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Alternating Rotational Overhead Presses	30s	30s
2	Alternating Rotational Hang Cleans	30s	30s
3	Low Box RFE Contralateral Split Squat <i>Left</i>	30s	30s
4	Low Box RFE Contralateral Split Squat <i>Right</i>	30s	30s
5	1-Arm Ipsilateral Stepup Thruster <i>Left</i>	30s	30s
6	1-Arm Ipsilateral Stepup Thruster <i>Right</i>	30s	30s



That's 1 round that takes 6 minutes to complete.

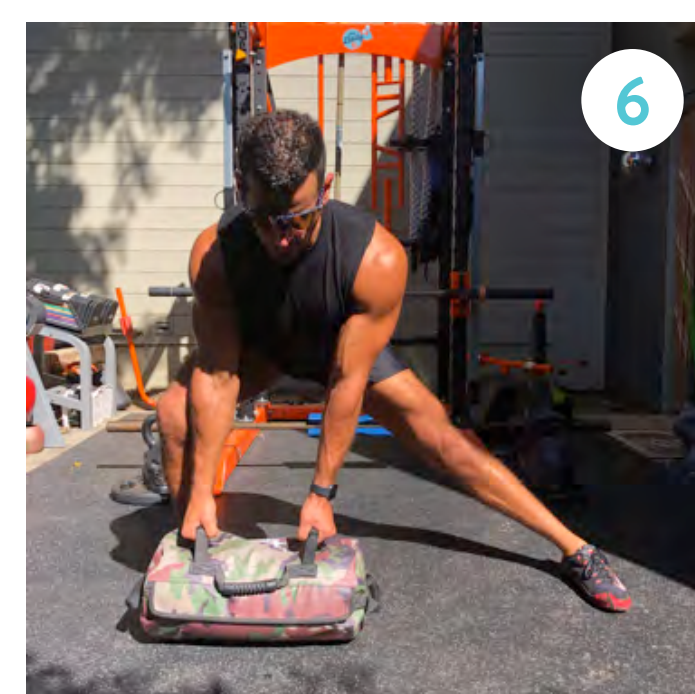
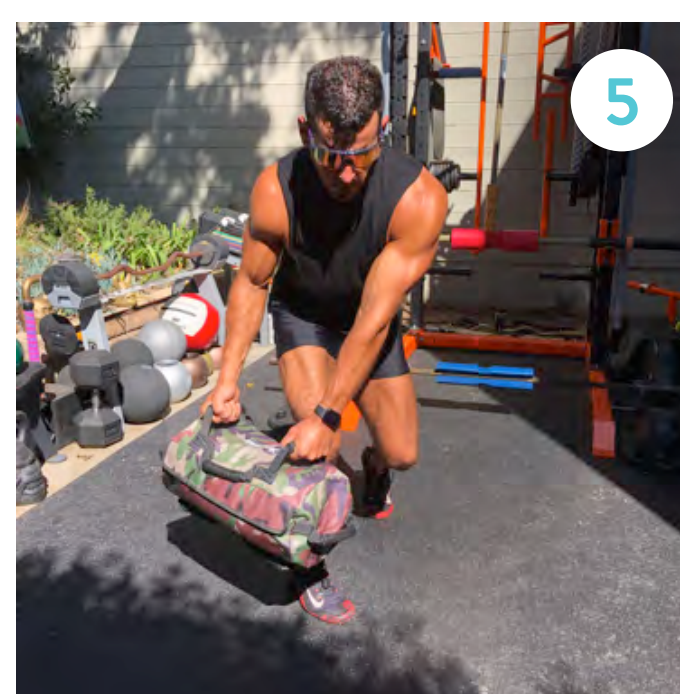
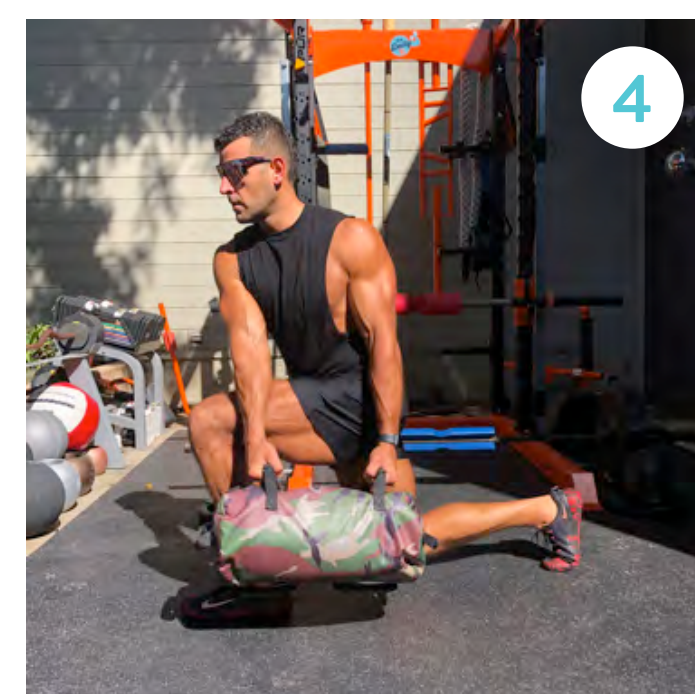
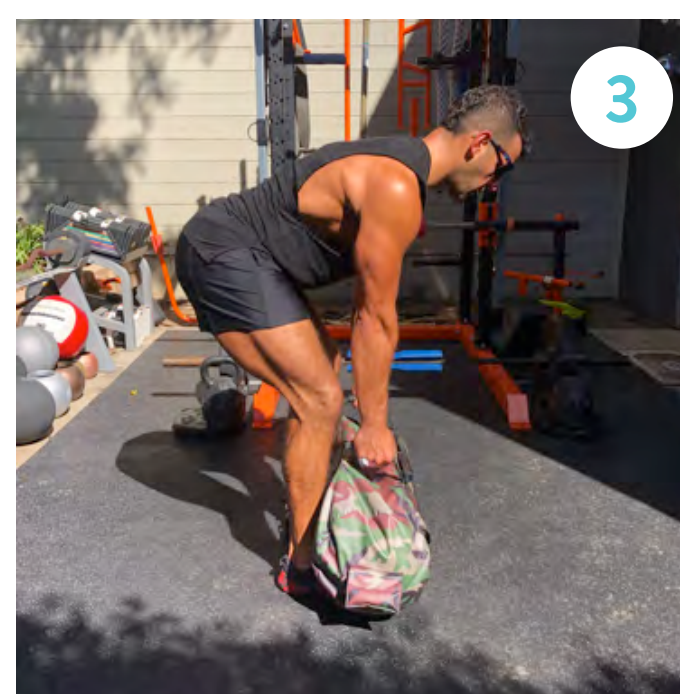
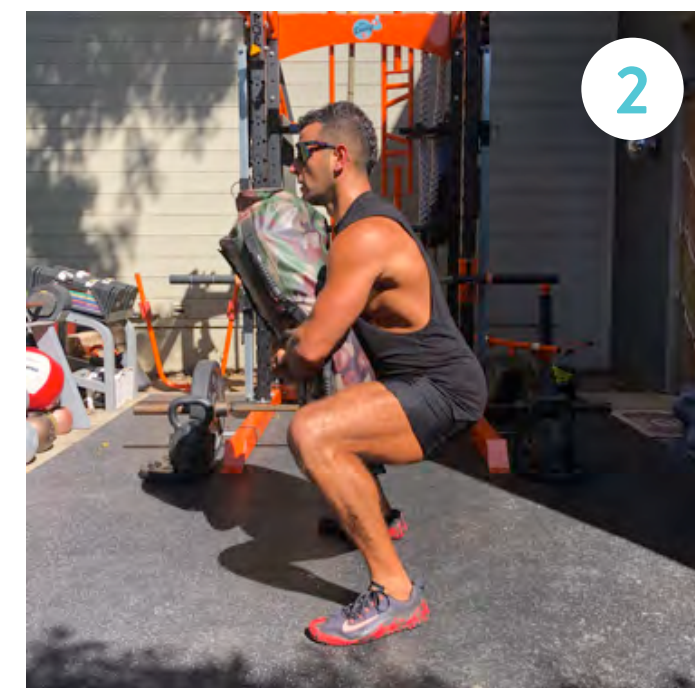
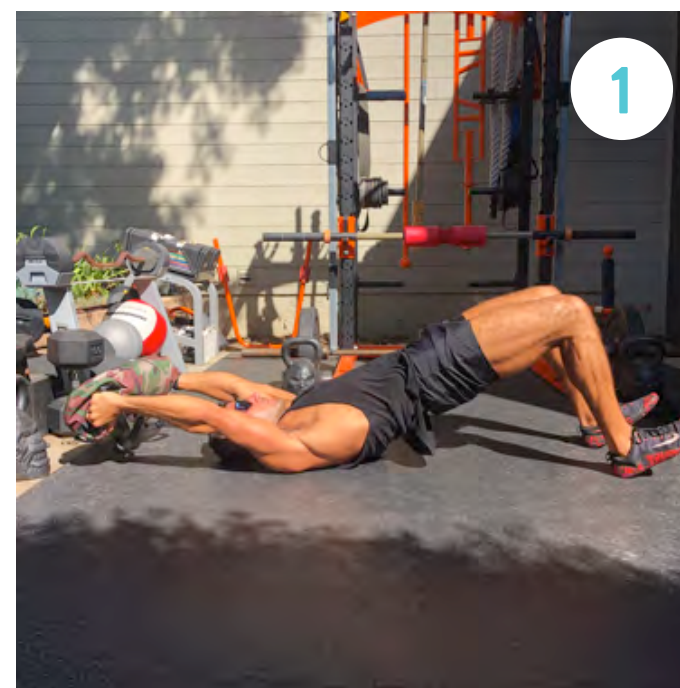
Perform up to 5 total rounds for a 30-minute workout.

See this workout at: <http://tdbj.me/a16b3>

Sandbag

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Bridged Pullovers	30s	30s
2	Bear Hug Squats	30s	30s
3	Clean to Press	30s	30s
4	Rotational Lunges	30s	30s
5	Shoveling	30s	30s
6	Shucking	30s	30s



That's 1 round that takes 6 minutes to complete.

Perform up to 5 total rounds for a 30-minute workout.

See this workout at: <http://tdbj.me/2ad58>