

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

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

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

