

## 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.

