

Dumbbells & Bodyweight

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:

Round 1

Strength Combos Stack

	Exercise	Work	Rest
1a	Dumbbell Split Jump Switch to Hammer Curl	90s	0s
1b	Squat to Rotational Press	90s	0s

Round 2

Shadow Boxing Combo

	Exercise	Work	Rest
2a	1-2-3 Combos (Jab-Cross-Hook) <i>Orthodox Stance</i>	90s	0s
2b	1-2-3 Combos (Jab-Cross-Hook) <i>Southpaw Stance</i>	90s	0s

Round 3

Strength Combos Stack

	Exercise	Work	Rest
3a	Dumbbell Split Jump Switch to Lateral Raise	90s	0s
3b	Dumbbell Hip-Hinge to High Pull	90s	0s

Round 4

Shadow Boxing Combo

	Exercise	Work	Rest
4a	1-2-3-2 Combos (Jab-Cross-Hook-Cross) <i>Orthodox Stance</i>	90s	0s
4b	1-2-3-2 Combos (Jab-Cross-Hook-Cross) <i>Southpaw Stance</i>	90s	0s

Completing all 4 rounds is one full cycle. Perform up to 3 total cycles.

