

## Single Dumbbell & Bodyweight

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

### Round 1

#### Strength Stacks

	Exercise	Work	Rest
1a	Dumbbell Goblet Presses	60s	0s
1b	Dumbbell Goblet Reverse Lunges	60s	0s
1c	Dumbbell Goblet Squats	60s	0s

### Round 2

#### Shadow Boxing Combo

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

### Round 3

#### Strength Stacks

	Exercise	Work	Rest
3a	Dumbbell Rotational Clean to Switch Press <i>to Left</i>	60s	0s
3b	Dumbbell Rotational Clean to Switch Press <i>to Right</i>	60s	0s
3c	Dumbbell 1-Arm Switch Snatch	60s	0s

### Round 4

#### Shadow Boxing Combo

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

Completing all 4 rounds is one full cycle.

Perform up to 3 total cycles.

