

24 MIN. FULL BODY WORKOUT

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EQUIPMENT: 2 sets of dumbbells (1 heavy, 1 light)

WORKOUT: Set timer for a total of 4 rounds. For each exercise, we will be working for 45 seconds, then taking a 15 second break.

24 MIN. FULL BODY WORKOUT
Sumo Squats w/Heavy Weight
Alternating Lunges w/Lighter Weights
Push Ups
Arnold Presses w/Lighter Weights
Leg Raises
Scissor Kicks
Complete 4 rounds; Each exercise should be performed for 45 seconds, followed by 15 seconds of rest.

Rest and modify as needed, but make sure you are working hard and gettin' that sweat on!