

# FULL BODY SCORCHER

START WITH A 10 MINUTE CARDIO PRIMER OF YOUR CHOICE (5 MIN. WARM UP + 5 MIN SPRINTS)

COMPLETE 5 ROUNDS OF THE FOLLOWING CIRCUIT.

EXERCISE	WEIGHT	REPS	VIDEO / IMAGE LINK
DB CHEST PRESS	20 lb dumbbells	10 reps	<a href="https://www.youtube.com/watch?v=9zvAAQ1EjUA">https://www.youtube.com/watch?v=9zvAAQ1EjUA</a>
KNEELING ONE ARM ROW	20 lb dumbbell	10 reps ea. side	<a href="https://www.youtube.com/watch?v=U_3ojJUwSBY">https://www.youtube.com/watch?v=U_3ojJUwSBY</a>
TRICEPS EXTENSIONS	20 lb dumbbell	10 reps	<a href="https://www.youtube.com/watch?v=l-xLAdSRcYc">https://www.youtube.com/watch?v=l-xLAdSRcYc</a>
ALTERNATING DB LUNGES	15 lb dumbbells	20 reps total (10 ea. side)	<a href="https://www.youtube.com/watch?v=jHJI579e7z8">https://www.youtube.com/watch?v=jHJI579e7z8</a>
DB SQUATS	15 lb dumbbells	15 reps	<a href="https://www.youtube.com/watch?v=iofbfwQmvZc">https://www.youtube.com/watch?v=iofbfwQmvZc</a>

OPTIONAL AB FINISHER: 20 LEG RAISES