

FULL BODY DB WORKOUT

COMPLETE 4 ROUNDS OF THE FOLLOWING CIRCUIT.

EXERCISE	WEIGHT	REPS / TIME	VIDEO / IMAGE LINK
DB DEADLIFT	HEAVY WEIGHT	ONE MINUTE	https://www.youtube.com/watch?v=SsLS6aQaLWk
360 DEGREE LUNGES W/DBS	MODERATE WEIGHT	ONE MINUTE	https://www.youtube.com/watch?v=T00glsBua3Q
DB SQUATS	MODERATE WEIGHT	ONE MINUTE	https://www.youtube.com/watch?v=iofbfwQmvZc

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EXERCISE	WEIGHT	REPS / TIME	VIDEO / IMAGE LINK
BURPEES	N/A	10 REPS	https://www.youtube.com/watch?v=cPkHQZZrm0c
PUSH UP ROW	MODERATE WEIGHT	10 REPS	https://www.youtube.com/watch?v=NZdQXv-X6SQ
BENT OVER ROW WITH KICKBACK	MODERATE WEIGHT	15 REPS	https://www.youtube.com/watch?v=s8MO2iPCl8g
BENT OVER DB FLY	MODERATE WEIGHT	15 REPS	https://www.youtube.com/watch?v=c2NDMqECDIM

NOTES
