

DAY 1

- 3x10 Dumbbell Goblet Squat
- 2 rounds of:
 - 20 Dumbbell Alternating Walking Lunges (10 steps each leg)
 - 10 Dumbbell Step Ups (each side)
- 3 rounds of:
 - 6 Dumbbell Chest Press
 - 8 Push Ups
 - 8 Dumbbell Bicep Curls
 - 12 Dumbbell Alternating Crossbody Bicep Curls (6 each side)
- Plank Style Finisher
- 2 rounds of:
 - 12 Plank to Elbow Plank
 - 20 Alternating Plank Hip Dips
 - 10 Plank Walk Outs
 - 20 Alternating Spider Crunches (20 per side)

PROGRESS TRACKING

WEEK 1	WEEK 3