

DAY 1

- 3x15 Dumbbell Hip Thrust
- 2 rounds of:
 - 10 Dumbbell Goblet Squats
 - 12 Walking Lunges
- 2 rounds of:
 - 10 Dumbbell Chest Press
 - 5 Push Ups (push ups can be done to a barbell, knees, or toes)
 - 10 Dumbbell Bicep Curls
- Plank Style Finisher**
- 2 rounds of:
 - 5 Inchworms
 - :30sec Elbow Plank
 - 12 Hip Dips

PROGRESS TRACKING

WEEK 1	WEEK 3