

Workout of the Day!

Choose Your Destiny Total Body Workout!

Equipment: Dumbbells

Warm Up:

3 Min: 20 Jumping Jacks, 20 Skaters, 20 Plank Jacks, 20 High Knee Pairs

Sets:

Total Body Burn: Cardio Ladder (Decrease reps) 30-25-20 by SET

OR

Strength Specific: Cardio Ladder (Decrease reps) 30-25-20 by COLOR.

Set 1:

Front Squats

Full Sit Ups

Cardio Burpees

Pushups

Set 2:

Lunges

V-ups

Mountain Climber Pairs

Pull-ups (Bent over Rows)

Set 3:

Deadlifts

Scissor Kick Pairs

Squat Jumps

Push Press

Cool down and Stretch