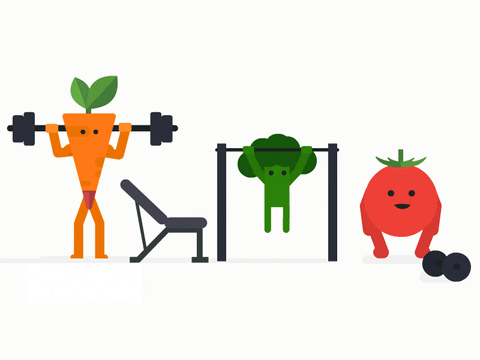
Monday 4/13 – Workout of the Day



\*\*If you are not sure how to perform one of the exercises below please click the following link, and simply type in the name of the exercise for instructions\*\*

<https://workoutlabs.com/exercise-guide/>

**Dumb Bell Only Full Body Workout:** 4 Rounds

**Equipment:** Dumbbells or Water Bottles/Canned Goods

1. **10 ea side - Unilateral Squat (Squat w/ 1 DB)**

* Place DB in one hand, narrow stance, squat
* Opposite hand straight out – parallel w/ ground

1. **20 DB Curl to Overhead Press**
2. **15 Stiff Leg Deadlift**
3. **20 Squat to Upright Row**
4. **40 Mountain Climbers**
5. **25 DB Swings (Please see Kettlebell Swing for Instructions)**

**---Stretch and Hydrate ---**

**Bodyweight HIIT Circuit:**

* 5 Rounds, :30 Each Exercise (15 Minutes Total)
* Rest 1:00 between Each Round

1. **Mountain Climber Burpee**

* 6 Mountain Climbers/1 Burpee = 1 Rep

1. **Bicycle Crunch**
2. **Reverse Lunge w/ Knee Drive (:30 each side)**
3. **Plank Toe Taps (Opposite hand/foot)**
4. **Squat to Oblique Crunch (Opposite Arm/Leg)**
5. **Plank Walkout with 4 Shoulder Taps**

-STRETCH and HYDRATE-