Monday 4/6– 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/>

**Dumbbell Only Mini Circuit Workout:**

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

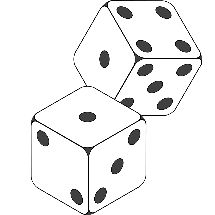
**Directions:** Repeat each circuit for 2:00 before moving to the next

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Circuit 1** | **Circuit 2** | **Circuit 3** | **Circuit 4** | **Circuit 5** |
| Reps – 10 Each | **Reps – 20 Each** | **Reps – 10 Each** | **Reps – 10 Each** | **Reps – 15 each** |
| **Tricep Dips** | **Mtn. Climbers** | **Wide Pushups** | **Jumping Lunges** | **Squats w/ Front Raise** |
| **Tricep Kickbacks** | **Plank Jacks** | **Narrow Pushups** | **Burpees** | **Glute Bridge** |

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

**Roll the Dice Workout:**

* 1Roll (2 Dice) = # of Reps
* Repeat this for each exercise listed below 3x through (roll the dice for each set or keep the numbers from 1st roll)

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**Exercises:** Tuck or Star Jumps, Squats, Situps, Pike Pushups, Burpees, Alternating Shoulder Taps, Superman, Jump Lunges, V-Ups, Mountain Climber w/ Pushup (4 climbers, 1 Pushup = 1 Rep), Jumping Jacks, Toe Touch Crunches

-STRETCH and HYDRATE-