

## Interval Dumbbell Workout

After a 5 minute warm up, complete 3 sets for a total body workout. This workout requires dumbbells. Select medium weight dumbbells that you can lift. Rest 15 seconds between each exercise.

1 min- Squat to Overhead Press

1 min- Straight-Leg Deadlift to Bicep Curl

1 min- Side Lunge to Upright Row

1 min- Row to Mountain Climbers

1 min- Triceps Extension with Hip Thrust

Squat to Overhead Press- Hold your dumbbells at your shoulders. Bend your knees to lower your hips behind in a squat position. After standing from the squat, press the dumbbells overhead. Return to the start position to finish the exercise.

Straight-Leg Deadlift to Bicep Curl- Stand tall with your dumbbells at your side. Bend from the hip with a flat back and slight bend in your knees. Stand tall by raising your shoulder up and activating your glutes. Bring your dumbbells to your shoulders in a bicep curl. Return to the start position to finish the exercise.

Side Lunge to Upright Row- Stand tall with your dumbbells in front of you, your palms facing your thighs. Step out to the side with your right foot and bend your right knee in a lunge position. All your body weight should be in your right leg and your left leg straight. Stand tall and raise your dumbbells up the front of your body while keeping your palms facing your body. Do not let the dumbbells go above your shoulders. Lower the dumbbells to finish the exercise.

Row to Mountain Climbers- Begin in a plank position on your hands and dumbbells within reach. With your right hand pick up one dumbbell and raise your right elbow past your shoulder. Lower your right hand and dumbbell back to the floor. Bring your right knee towards your chest. Return your right foot to the start position while bringing your left knee towards your chest. Do another row with your left arm and dumbbell and finish back in plank position.

Triceps Extension with Hip Thrust- Begin on your back with your knees bent and feet planted on the floor. With one dumbbell in each hand, bring your hands over head. As you lift your dumbbells up raise your hips up off the floor by pushing through your heels. Stop your dumbbells when they are raised over your chest. Return your hips and hands to the floor to complete the exercise.