

6-12-6

Equipment Needed: Workout Mat, 10-20 lb. Dumbbells

Set a timer for 6 minutes and work through 12 reps of these 6 exercises. The goal is to complete as many rounds as you can! At the end of the 6 minutes, rest for 1-2 minutes and repeat the 6 minutes of work 2-3 more times based on how you're feeling. Don't forget to challenge yourself on a few of the moves with heavier weights!

Duration: 20-30 minutes

Workout: 6 minutes of HARD work - complete as many exercises as you can in 6 minutes / 2 minutes of rest. Put on repeat 3-4 times.

- 12 Burpees
- 12 Sumo Squats to Curl
- 12 Cross-Body Mountain Climbers (HC)
- 12 Plank Rows
- 12 Mat Broad Jumps
- 12 Reverse Dumbbell Lunges