

DROP THE WEIGHTS

Equipment Needed: Workout Mat, 10-25lb Dumbbells

Work your way down the list of exercises. Once you've completed the list, you'll start from the top and drop the weighted movement by 2 and keep the 20 rep movement the same. Keep going through the list until the weighted movement is at 2 reps.

Duration: 20-30 minutes

Workout:

- 10 Squat Presses
- 20 Mountain Climbers
- 10 Push-ups to Dumbbell Row
- 20 Fast Jacks
- 10 Deadlifts to Upright Row
- 20 Shoulder Taps
- 10 Burpees
- 20 Lateral Jacks
- 10 Bent-Over Rows
- 20 Ground Rotations

