

PULL, HINGE, PUSH, SQUAT

Equipment Needed: Workout Mat, Heavy Dumbbells

There are 4 rounds, each round targets a specific movement pattern. Exercise A is always 6 reps, B is always 8 reps, and C is always 10 reps. Everything is slow count.

Duration: 20-30 minutes

Workout:

Pull:

- A. Double Dumbbell Lawn Mower Row - x6
- B. Bent-Over Rows x8
- C. Dumbbell Pullovers - x10

*Rest 90 seconds and then repeat all 3 exercises for 2 more rounds

Hinge:

- A. Bodyweight Single Leg RDL - x6
- B. Dumbbell RDL - x8
- C. Single Leg Glute Bridges - x10 (HC)

*Rest 90 seconds and then repeat all 3 exercises for 2 more rounds

Push:

- A. Hand Release Push-Ups - x6
- B. Pike Push-Ups- x8
- C. Dumbbell Floor Press - x10

*Rest 90 seconds and then repeat all 3 exercises for 2 more rounds

Squat:

- A. Dumbbell Split Squats - x6
- B. Dumbbell Pause Squats (i.e. pause 3 seconds at the bottom) - x8
- C. In and Out Squats - x10

*Rest 90 seconds and then repeat all 3 exercises for 2 more rounds

