

10-Minute Full Body EMOM Workout

**SET A TIMER FOR 10 MINUTES
AT THE START OF EACH MINUTE,
COMPLETE THE PRESCRIBED REPS
USE THE REMAINING TIME TO REST
BEFORE THE NEXT MINUTE STARTS!**

MINUTE 1

10 DUMBBELL SQUATS

MINUTE 2

8 PUSH-UPS

MINUTE 3

12 DUMBBELL DEADLIFTS

MINUTE 4

**10 DUMBBELL SHOULDER
PRESSES**

MINUTE 5

10 JUMP SQUATS

MINUTE 6

20 MOUNTAIN CLIMBERS

MINUTE 7

8 REVERSE LUNGES

MINUTE 8

10 BENT-OVER ROWS

MINUTE 9

30-SECOND PLANK HOLD

MINUTE 10

10 BURPEES





10-Minute Do Anywhere Workout

**45 SECONDS WORK
15 SECONDS REST
REPEAT 2 TIMES**

SQUAT JUMPS

PUSH-UPS

JUMP LUNGE

TRICEP DIP

MOUNTAIN CLIMBER



Full Body Dumbbell Tabata

**20 SECONDS ON
10 SECONDS REST
REPEAT 4 TIMES PER CIRCUIT**

CIRCUIT # 1

**20 SECONDS: GOBLET SQUAT
10 SECONDS REST
20 SECONDS: OVERHEAD PRESS
10 SECONDS REST**

CIRCUIT # 2

**20 SECONDS: LATERAL LUNGE
10 SECONDS REST
20 SECONDS: BICEP CURL
10 SECONDS REST**



Full Body Dumbbell Circuit

COMPLETE 3X

CIRCUIT # 1

12 SHOULDER PRESS
12 DUMBBELL ROW
12 WEIGHTED SQUATS
60 SECOND PLANK

CIRCUIT # 2

12 DUMBBELL BENCH/FLOOR PRESS
12 LATERAL RAISES
12 WEIGHTED REVERSE LUNGE
60 SECOND PLANK

CIRCUIT # 3

12 DOUBLE ARM TRICEP KICKBACK
12 BICEP CURL
12 WEIGHTED PULSE SQUAT
60 SECOND PLANK