

Exercise	sets	time	comments
<b>Squat straight arm twist</b> Using 1 dumbbell 2-5kg	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	
<b>Donkey kick burpee</b> No weights needed	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	
<b>single leg lunge with single arm shoulder press</b> Using both dumbbells (2-5kg)	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	
<b>Lunge jump twists with 1 dumbbell weight (2-5kg)</b>	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	
<b>Weighted squat around the world using 1 dumbbell weight (2-5kg)</b>	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	
<b>Squat overhead snatch</b> Using both dumbbells (2-5kg)	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	
<b>Weighted squat around the world to the other side using 1 dumbbell weight (2-5kg)</b>	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	
<b>Kneel back, lunge back x6 high knees</b> No weights needed.	x3 rounds	Round 1: 20sec on 10sec rest x2 Round 2: 45sec on 20sec rest Round 3: 60sec on 30sec rest	

Remember to stretch & foam roll for 10mins after the workout!