

Exercise	sets	time	comments
Single arm squat clean and snatch Using 1 dumbbell (2-5kg)	x3 rounds	45sec on 15sec rest	
6 Toe taps into 1 burpee	x3 rounds	45sec on 15sec rest	
Single arm squat clean and snatch to the other side Using 1 dumbbell (2-5kg)	x3 rounds	45sec on 15sec rest	
Bent over row knee drive Using both dumbbells (2-5kg)	x3 rounds	45sec on 15sec rest	
Side plank curl under arm raise Using 1 dumbbell (2-5kg)	x3 rounds	45sec on 15sec rest	
Lunge back single arm bicep shoulder press Using 1 dumbbell (2-5kg)	x3 rounds	45sec on 15sec rest	
Side plank curl under arm raise the other side Using 1 dumbbell (2-5kg)	x3 rounds	45sec on 15sec rest	
Walking up and down plank into in and out jumps No weights needed just a mat.	x3 rounds	45sec on 15sec rest	

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