

Exercise	sets	time	comments
Cross back lunge into bicep curl Using both dumbbells (2-5kg)	x4 rounds	45sec on 20sec rest	
Burpee into 4 downwards pushes Using both dumbbells (2-5kg)	x4 rounds	30sec on 10sec rest	
Standing oblique crunch Using 1 dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest And then repeat to the other side straight after.	
Burpee, plank in and outjumps No weights needed	x4 rounds	45sec on 20sec rest	
Frog sit up 1 Dumbbell needed (2-5kg)	x4 rounds	30sec on 10sec rest	
Split leg deadlift Using both dumbbells (2-5kg)	x4 rounds	45sec on 20sec rest Then repeat to the other side	
Opposite arm to leg table top crunch Using 1 dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest	
Split leg deadlift to the other side Using both dumbbells (2-5kg)	x4 rounds	45sec on 20sec rest Now perform to the other side	
Opposite arm to leg table top crunch to the other side Using 1 dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest	
Press up in to burpee No weights needed	x4 rounds	45sec on 20sec rest	

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

Week 4 work out