

# Week 6 work out

Exercise	sets	time	comments
<b>Standing oblique twists into lunge backs alternating legs</b> Using 1 dumbbell (2-5kg)	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>4 plank tuck jumps into 1 press up</b> No weights needed	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Single arm squat press</b> Using both dumbbells (2-5kg)	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Break dancer</b> No weights needed	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Sumo squat pec opener</b> Using both dumbbells (2-5kg)	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Single leg crunch</b> No weights needed	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Plank forward and back x4 into plank hip taps x4</b>	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Single leg crunch to the other side</b> No weights needed	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Bulgarian lunge arm press</b> Using 1 dumbbell (2-5kg)	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>1 burpee into 10 toe taps</b> No weights needed	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	
<b>Bulgarian lunge arm press to the other side</b> Using 1 dumbbell (2-5kg)	x3 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest	

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