

1ST WORKOUT

LOWER BODY DUMBBELL WORKOUT

MOVEMENTS

- SUMO SQUATS
- SIDE TO SIDE LUNGES
- CURTSY LUNGES
- DOUBLE PULSE SQUATS
- GLUTE BRIDGES

TIME

10 REPS EACH WORKOUT.
REPEAT.

WHAT'S NEED

- YOGA MAT
- DUMBBELLS

2ND WORKOUT

UPPER BODY DUMBBELL WORKOUT

MOVEMENTS

- LATERAL SHOULDER
RAISES
- BACK ROWS
- BICEP CURLS
- TRICEP KICK BACKS
- PUSH UPS

TIME

10 REPS EACH WORKOUT.
REPEAT.

WHAT'S NEED

- YOGA MAT
- DUMBBELLS

3RD WORKOUT

ABS DUMBBELL WORKOUT

MOVEMENTS

- LATERAL HOLD FLUTTER KICKS
- DB DEAD BUGS
- DB LEG RAISES
- IN & OUTS
- HEEL TAPS

TIME

10 REPS EACH WORKOUT.
REPEAT.

WHAT'S NEED

- YOGA MAT
- DUMBBELLS

4TH WORKOUT

LOWER BODY DUMBBELL WORKOUT

MOVEMENTS

- GOBLET SQUATS
- BACK STEP LUNGES
- RDLS
- GLUTE BRIDGES
- SL GLUTE BRIDGES

TIME

10 REPS EACH WORKOUT. REST.
REPEAT.

WHAT'S NEED

- YOGA MAT
- DUMBBELLS

5TH WORKOUT

ABS & HIIT WORKOUT

MOVEMENTS

- JUMPING LUNGES
- JUMPING JACKS
- PULSE SQUATS
- CRISS CROSS JUMP SQUATS
- HIGH KNEES
- MOUNTAIN CLIMBERS
- STAR CRUNCHES
- DEAD BUGS
- HEEL TAPS
- GLUTE BRIDGES

TIME

- 10 REPS EACH WORKOUT. REST. REPEAT.

WHAT'S NEED

- YOGA MAT