

# 1ST WORKOUT

## HIIT FULL BODY DUMBBELL WORKOUT

---

### MOVEMENTS

- JUMPING JACKS
- JUMP SQUATS
- SKI JUMPS
- IN & OUT JUMP SQUATS
- MOUNTAIN CLIMBERS

### TIME

10 REPS EACH WORKOUT.  
REPEAT.

### WHAT'S NEED

- YOGA MAT
- DUMBBELLS

# 2ND WORKOUT

## UPPER BODY DUMBBELL WORKOUT

---

### MOVEMENTS

- BACK FLYS
- BACK ROWS
- BICEP CURLS
- OVER HAND BACK ROW
- HAMMER CURLS
- SHOULDER PRESS
- SHOULDER RAISES
- OVER HEAD TRICEP EXTENSIONS
- TRICEP KICK BACKS
- PLANK (30 SECONDS)

### TIME

10 REPS EACH WORKOUT.

### WHAT'S NEED

- YOGA MAT
- DUMBBELLS

# 3RD WORKOUT

## LOWER BODY DUMBBELL WORKOUT

---

### MOVEMENTS

- HEEL ELEVATED SQUATS
- BACK STEP LUNGE
- CURTSY LUNGES
- SUMO SQUATS
- GLUTE BRIDGES

### TIME

10 REPS EACH WORKOUT.  
REPEAT.

### WHAT'S NEED

- YOGA MAT
- DUMBBELLS

# 4TH WORKOUT

## UPPER BODY DUMBBELL WORKOUT

---

### MOVEMENTS

- PUSH UPS
- TRICEP KICK BACKS
- SINGLE ARM BACK ROW
- PLANK DUMBBELL TAPS
- PLANK UP & DOWNS

### TIME

10 REPS EACH WORKOUT. REST.  
REPEAT.

### WHAT'S NEEDED

- YOGA MAT
- DUMBBELLS

# 5TH WORKOUT

## ABS & HIIT WORKOUT

---

### MOVEMENTS

- JUMPING LUNGES
- JUMPING JACKS
- PULSE SQUATS
- JUMP SQUATS
- HIGH KNEES
- LATERAL HOLD FLUTTER KICKS
- STAR CRUNCHES
- DEAD BUGS
- HEEL TAPS
- IN & OUTS

### TIME

- 10 REPS EACH WORKOUT. REST. REPEAT.

### WHAT'S NEED

- YOGA MAT