

1ST WORKOUT

LOWER BODY DUMBBELL WORKOUT

MOVEMENTS

- SUMO SQUATS
- SIDE LUNGES
- CURTSY LUNGES
- FIRE HYDRANTS
- GLUTE BRIDGES

TIME

10 REPS EACH WORKOUT.
REPEAT.

WHAT'S NEED

- YOGA MAT
- DUMBBELLS

2ND WORKOUT

UPPER BODY DUMBBELL WORKOUT

MOVEMENTS

- SHOULDER RAISES
- BACK ROWS
- BICEP CURL
- TRICEP KICK BACKS
- SINGLE ARM BACK
ROWS

TIME

10 REPS EACH WORKOUT.
REPEAT.

WHAT'S NEED

- YOGA MAT
- DUMBBELLS

3RD WORKOUT

ABS DUMBBELL WORKOUT

MOVEMENTS

- DB DEAD BUGS
- DB LATERAL HOLD
FLUTTER KICKS
- HEEL TAPS
- REACH THROUGH
CRUNCHES
- SIDE TO SIDE 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 PULSE LUNGE
- SUMO SQUATS
- 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 JACKS
- IN & OUT JUMP SQUATS
- SQUAT TO STEP BACK LUNGES
- HIGH KNEES
- JUMP SQUATS
- JUMPING LUNGES
- PLANK DB TAPS
- MOUNTAIN CLIMBERS
- PLANK TOE TAPS
- DEAD BUGS

TIME

- 10 REPS EACH WORKOUT.

WHAT'S NEED

- YOGA MAT