

**10 min Holiday Time Crunch Workout – Full Body**

Equipment needed: 1 set dumbbells, mat, floor space

Exercise	Reps/Time	Weight Used	Notes
<b>Perform 3 rounds of the following exercises – circuit style, resting when needed</b>			
Squat Press	45 secs	Medium	
Lunge / Row	45 secs	Medium	
Push-up/Row	45 secs	Medium	
Squat Jumps	45 secs	n/a	
<b>1 min finisher: Plank Jacks</b>			