PRIME LIFE FIT
LOVE YOUR LIFE AT ANY AGE!

2018 Beat the Bloat Holiday Challenge

10 Minute Full Body Workout #1

Equipment needed: dumbbells, timer, mat

Please warm-up appropriately

Perform three rounds of the following exercises, 45 secs each. Take rest as needed.

Exercise	Weight	Reps/Time
Squat Press	Moderate	45 secs
Lunge/Row	Moderate	45 secs
Pushup/Row	Moderate	45 secs
Squat Jump	n/a	45 secs

OPTIONAL FINISHER: 1 minute plank jacks