PRIME LIFE FIT
Love Your Life at ANY Age!

2018 Beat the Bloat Holiday Challenge

5 Minute Metabolic Chain Workout

Equipment needed: dumbbells, timer, mat

Please warm-up appropriately

Perform as many reps as possible in 5 minutes of the following:

Burpee/Pushup/Curl/Shoulder Press

Chain the Shoulder Press from 1 rep to 10. If you get to 10 reps before 5 minutes is up, start back over at 1.