

DO EACH MOVE FOR 40 SECONDS. THEN REST FOR 20 SECONDS BEFORE MOVING TO THE NEXT. REPEAT FOR 2-3 SETS.

1

ALTERNATING DUMBBELL ROTATION THRUSTERS

(A) Start standing, feet slightly wider than hip-width apart, holding a dumbbell in each hand at shoulders, elbows bent. Bend knees, pushing hips down and back, to lower into a squat. (B) Drive through feet to stand up, simultaneously pivoting on right foot and rotating hips to the left, and press right arm straight overhead, bicep by ear. (Body should form a diagonal line from wrist to ankle.) Rotate forward as you bring dumbbell back to shoulder. Repeat the squat, then stand and pivot on left foot, rotating hips right, and pressing left arm overhead. Continue alternating rotational presses with squats between each.



Modify It!
Remove the rotation, and stand straight up from the squat, still pressing one dumbbell straight overhead and alternating sides.



2

ALTERNATING LATERAL LUNGE + REVERSE FLY

(A) Start standing with feet hip-width apart, holding a dumbbell in each hand, arms down by sides. Step right foot out to the side, hinge at hips, and bend left knee, bringing chest toward floor with back flat. Right leg stays straight, knee soft. (B) Holding the Lateral Lunge—making sure hips point straight back, knee and toe point forward, gaze toward the floor—raise arms straight out to sides and up to shoulder height with palms facing down, squeezing shoulder blades together and keeping core engaged the entire time. Lower arms back down. Bring right leg back in to stand. Repeat Lateral Lunge on the other side, with the Reverse Fly at the bottom. Continue alternating lunges, with a Reverse Fly on each side.

Modify It!
Skip the Reverse Fly, and focus on Lateral Lunges side to side.

3

ALTERNATING PLANK ROTATION TO PRESS

Start in straight-arm plank position, both hands on a dumbbell, shoulders over wrists, and feet wider than hip-width apart. Bend left elbow and pull dumbbell toward ribs, as you rotate hips left and pivot on feet, bringing heels toward right side. Then press left dumbbell straight up, forming a T with arms. Bend elbow to lower dumbbell back to chest, then place dumbbell back on floor as you return to forward-facing plank position. Repeat on right side, and continue alternating.



Modify It!
Stay in a straight-arm, forward-facing plank position the entire time, alternating rows on each side by pulling one dumbbell to rib cage, lowering it back down, and repeating on the other side—also known as a Renegade Row.



Modify It!
Eliminate the Bridge, and perform the Fly with hips lowered, butt on the floor.

4

BRIDGE + CHEST FLY

(A) Start lying on back, knees bent, feet planted on floor hip-width apart. Hold a dumbbell in each hand straight over shoulders, palms facing each other. Press through feet, and squeeze glutes to lift hips toward ceiling. Slightly tilt pelvis toward ceiling so you form a straight line from knees to hips to shoulders. (B) With a slight bend in elbows, lower dumbbells down and out to the sides. Then press them back up toward center, over shoulders. Repeat the Chest Fly. Keep hips lifted, with glutes and abs engaged the entire time.