



**OPTIONAL
EQUIPMENT**

DB =DUMBBELLS OR
WEIGHTED BOTTLES

KETTLE BELL

JUMP ROPE

CHAIR/BOX/OR
COFFEE TABLE

TWO 3 MINUTE ROUNDS

STATION #1 SWINGING DB LUNGES TO SQUAT

PISTOL HIP RAISES

STATION #2 JUMP SQUATS OR AIR SQUATS

JOG IN PLACE OR JUMP ROPE

STATION #3 QUAD DIPS

HAMSTRING SWING

STATION #4 STEP UPS

KNEEL DOWN TO GET UP

STATION #5 SINGLE LEG DEAD LIFT

DB FRONT QUAT

STATION #6 KETTLEBELL OR DB SWING

SPEED SKATER