



FULL BODY MUSCLE CHAOS

WORKOUT BY KIM GALBREATH

EQUIPMENT

Barbell or pair of dumbbells

Intermediate weighted 45 minutes

Get a full body workout with this
500 rep workout

WARMUP

1 mile run

8 inchworm push ups

20 walking lunges

1 minute plank



A woman with a ponytail, wearing a grey long-sleeved shirt, black leggings, and glasses, is performing a kettlebell push press. She is standing on a red brick patio in front of a brick building. In the left panel, she is in the starting position with the kettlebell at her shoulders. In the right panel, she is in the overhead position with her arms fully extended.

100 Push Press

A woman with a ponytail, wearing a grey long-sleeved shirt, black leggings, and glasses, is performing a kettlebell back squat. She is standing on a red brick patio in front of a brick building. In the left panel, she is in the starting position with the kettlebell on her back. In the right panel, she is in the squatting position with her hips below her knees.

100 Back Squat



100 Row



100 Sit Ups