

# Full-Body Strength Workout



from Kim Galbreath

All levels | 35 minutes | Equipment needed: pair of dumbbells

EXERCISE	REPS/ DURATION
<b>WARM UP</b> Two rounds	
High Knees	10 per leg
Inchworm	5 reps
Push Ups	8 reps
Plank	1 minute
<b>WORKOUT</b> 5 rounds	
Cossack Squat	16 reps
Romanian Dead Lift with Curl and Press	12 reps
Renegade Row Push Up	12 reps
Butterfly Sit up	25 reps
Stair Run	90 seconds