



WORKOUT OF THE WEEK → Feb 19-25

Total time: 15 minutes

Equipment needed:

- A pair of light dumbbells

WARM UP

- Walk outs (15 times)
- High knees (1 min)

WORKOUT (repeat 2x)

- Bicep curl to shoulder press (15x)
- Renegade rows (10x per arm)
- Around the world lunges (5x per leg)
- Oblique side raises (15x per side)

EXERCISE TIPS

- **Walk outs**– Reach your hands down to the floor and walk them out in front of you until you reach a plank position and hold. Walk hands back up and roll up into standing position.
- **High knees**– Rapidly lift alternating legs as high as they will go; do so as if you were running in place, but instead you are bringing your knees forward and up (make sure to swing opposite arm).
- **Bicep curl to shoulder press**– Holding the dumbbells with your palms facing up, plant your elbows to your side and flex at your elbows curling the dumbbells up to your shoulders. From there, twist your wrists so your palms are facing forward and push the dumbbells up above your head. Slowly reverse the movement and return to the start position.
- **Renegade rows**– Start in a plank position with the dumbbells in your hands. Pull one weight up towards the side of your body while balancing on your other hand and feet. Return the weight slowly to the start position to repeat on the other side. Be sure to keep your back straight and core tight.
- **Around the world lunges**– With the dumbbells in your hands, lunge one leg forward and return to standing; lunge to the side with that same leg and return; do a reverse lunge with the same leg and return; finally, do a curtsy lunge with the same leg and return. Repeat this cycle on the other leg. (One cycle=one rep)
- **Oblique side raises**– Start standing hip-width apart, holding the dumbbells to your side. Slowly bend your torso to the side and use your core to pull you back up. Repeat on the other side.



WEEK 8: WORKOUT HOW-TO'S

1. Walk outs



2. High knees



3. Bicep curl to shoulder press



4. Renegade rows



5. Around the world lunges



6. Oblique side raises

