

One-Weight Workout (Youtube Video 1-3)

1. Standing on Left leg, hold 1 weight in both hands horizontally and extend arms up; bring weight down as you lift and tap your right knee x 30. Hold last knee up for count of 10. Goal is to keep R leg from touching ground! Repeat standing on right leg.

Tabata: Starburst jumps/ 8-count Body Builder

2. Sumo squat 1 weight- Hold weight horizontally in both hands starting down in low, wide squat. Swing weight up as you come up from squat keeping arms straight/lifting alternate legs to side. Be sure weight stays in line of vision. Drop back down x 30

3. **Side Lunge/reverse fly** starting down with L weight at R instep (both feet pointing forward, right leg bent in lunge, left leg straight out to side) x 20 then pivot to the left- drop right knee down and do **30 bicep curls lunging up/down.**

Tabata: Mountain Climbers/ Walk-out push ups jump up

Abs:

Reverse curl with full leg extension/ 1 weight x 30

Bench Press -1 leg heel drop x 30 each side

Lift hips open close legs x 30

Hi Side plank-option to lift top leg and pulse x 30, hold 10 more seconds

Reverse lunge to side kick/ Squat thrust with plank Jack

10 Pushups with row on left side. Rest. Repeat right

Video ends here but if you have time:

Quadruped-on 4's swing R arm out to R side (parallel to ground) and L leg forward to L side parallel to ground and back x 20. Repeat other side.

Standing oblique crunch- slow x 30 ea side

Lunge Forward lift knee as come to center/ and back lifting knee at center x 15 (4-count) ea side

Final Tabata. Travel High knees / Travel Jumping Jacks