

GET "STRONG"

WORKOUT #1

Complete 3 rounds of the following circuit:

[PUSH UPS](#) x10

[DUMBBELL CHEST FLIES](#) x15

[BENT OVER DUMBBELL ROW](#) x15

[UNDERHANDED DUMBBELL ROW](#) x15

[BICEP CURLS](#) x15

[OVERHEAD PRESS](#) x10

Complete 3 rounds of the following circuit:

[DUMBBELL SUMO SQUATS](#) x15

[DUMBBELL SQUATS](#) x10

[BULGARIAN SPLIT SQUATS](#) x10 ea. side

[WALKING LUNGES](#) x10 ea. side

[DONKEY KICKS](#) x10 ea. side

[FORWARD LEG LIFTS](#) x10 ea. side

Click the exercise name to be sent over to a YouTube video of me performing each exercise!

MODIFICATIONS

Push ups > Push ups on knees

Dumbbell Sumo Squats & Dumbbell Squats: If needed, drop weight

Bulgarian Split Squats > Static Lunges

WWW.FASTFIT52.COM