

# At-Home Workout Routine

Equipment: Dumbbells or bands

Time: @ 30 minutes

## #1: Warm-up

20 prisoner squats  
20 crunches  
20 push-ups  
10 burpees (low impact)  
Repeat

## #1: Strength

10 bent-over rows  
10 bicep curls  
15 lunges/leg  
12 stiff leg deadlifts  
Repeat 2 X (3 X total)

## #3: Tabata

Jump squats  
Push-ups  
Crunches  
Burpees  
Repeat

## #4: Tabata

Jump lunges, right  
Jump lunges, left  
Plank walk  
Mnt. climbers  
Repeat

Complete each section before moving on to the next one!

**Don't forget to STRETCH!**