

A FULLEST LIFE

WORKOUTS

DUMBBELL CIRCUIT

CURLS

WALKING LUNGES

SHOULDER PRESS

TRICEP EXTENSION

CHEST PRESS

EQUIPMENT- DUMBBELLS - IF POSSIBLE 1 HEAVY SET AND A LIGHTER
SET OF DUMBBELLS TO HELP YOU CONTINUE WHEN FATIGUED

1-MINUTE PER EXERCISE

1-2 MINUTE REST IN BETWEEN ROUNDS

REPEAT ROUND 2-10 TIMES

IF TOO DIFFICULT REDUCE TIME TO 30 SECONDS PER EXERCISE