

# HOME WORKOUT

## DESCRIPTION

## HOME WORKOUT 1

Full Body dumbbell workout

4 Rounds

12 reps. Can increase the reps each round if your body feels like it can

## EXERCISES

- ROUND 1 CURTESY LUNGE TO SQUAT
- ROUND 2 SQUAT TO LATERAL RAISE
- ROUND 3 LUNGE (LEFT LEG) + SHOULDER PRESS
- ROUND 4 LUNGE (RIGHT LEG) + SHOULDER PRESS
- ROUND 5 SIDE LUNGE (LEFT LEG)
- ROUND 6 SIDE LUNGE (RIGHT LEG)
- ROUND 7 SHOULDER PRESS
- ROUND 8 SHOULDER PRESS SINGLE (RIGHT)
- ROUND 9 SHOULDER PRESS SINGLE (LEFT)
- ROUND 10 MAC RAISE
- ROUND 11 CHEST PRESS
- ROUND 12 TRICEP KICKBACKS
- ROUND 13 15 SECONDS FLUTTER KICKS
- ROUND 14 SIT UP PRESS

[REPS]

[REST]

SETS

12

30s

4

AB HEALTH & FITNESS

Unit 2 / 7-9 Butler Way, Tullamarine

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# HOME WORKOUT

## DESCRIPTION

## HOME WORKOUT 2

Full Body dumbbell workout

3 Rounds

12 reps. Can increase the reps each round if your body feels like it can

**BODYWEIGHT AND WEIGHT WORKOUT**

**REST 30 SECONDS AFTER 2ND SET AND PROCEED TO ROUND 2**

## EXERCISES

**WORKOUT 1** CURTESY LUNGE TO SQUAT

**WORKOUT 2** SQUAT TO LATERAL RAISE

**WORKOUT 3** LUNGE (LEFT LEG) + SHOULDER PRESS

**WORKOUT 4** LUNGE (RIGHT LEG) + SHOULDER PRESS

**WORKOUT 5** SIDE LUNGE (LEFT LEG)

[REPS]

20

[REST]

30s

SETS

2

## ROUND 1

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