



THE FITSISTER

FULL BODY WORKOUT AT HOME

3 rounds

1 minute bicycle crunch

1 minute hollow rock

1

8 Dumbbell Chest Press from the floor (each side)

8 push ups

8 Dumbbell Suitcase Lunge (each side)

8 Dumbbell Squats (dumbbells racked on shoulders)

30 - 60 seconds rest between rounds

Tabata Dumbbell Snatch

20 seconds of work

followed by 10 seconds of rest

for four minutes

Ex:

20 seconds - dumbbell snatch right arm

10 seconds - rest

20 seconds - dumbbell snatch left arm

10 seconds rest

Repeat 4 times

1 minute rest

2

3 rounds

3

8 reps Dumbbell Romanian Deadlift

8 reps Dumbbell Row (each side)

8 reps Dumbbell Glute Bridge

30 -60 second rest between rounds



This workout is designed to be used with a set of dumbbells of a challenging weight. Not sure what that means? Message me! Questions about this workout or the movements? Message me!