

Melt Fat, Build Muscle

DUMBBELL BLAST

Warm up with five minutes of light cardio, then repeat each three-exercise circuit three times. Start with 10 reps of each exercise, building up to 15 reps of each move as you get stronger. Start with five-pound dumbbells, and work up to heavier weights.

CIRCUIT 1



PLANK & ROTATE

15 REPS
ALT. SIDES



SINGLE-LEG SCARECROWS

15 REPS
EACH SIDE



SQUAT, CURL, & PRESS

15 REPS

CIRCUIT 2



LYING CHEST FLY

15 REPS



LYING OVERHEAD REACH

15 REPS



SEATED RUSSIAN TWIST

15 REPS
ALT. SIDES

CIRCUIT 3



REVERSE LUNGE & PRESS

15 REPS
EACH SIDE



PLANK & STRAIGHT-ARM KICKBACK

15 REPS
ALT. SIDES



WEIGHTED SQUAT

15 REPS