

POPSUGAR

POWER GYM WORKOUT

WARMUP

REPEAT TWO TIMES

- 10 sit-ups
- 10 Supermans
- 10 arm circles
- 10 leg swings
- 10 deadlifts to overhead press

WORKOUT

REPEAT THREE TIMES

- 10 deadlifts to overhead press
- 15 medicine-ball push-ups
- 20 sit-ups
- 10 walking lunges with dumbbells
- 15 TRX rows
- 20 medicine-ball burpees

REPEAT TWO TIMES

- 10 reverse crunches
- 15 side-lying leg lifts