

## Resistance Workout 1

### Equipment Needed

- Dumbbells
- Mat (optional)
- Medicine Ball (optional)
- Stopwatch

### Warm-Up (5 minutes)

Dynamic stretches followed by light cardio exercises to increase the heart rate.

### Workout (25 minutes)

Push-up (35 seconds), 10-15 seconds rest into

Forward Lunge (35 seconds), 30 seconds rest

**Repeat x 2 (increase to 90 seconds rest after the 3<sup>rd</sup> set)**

Biceps Curl to Press (35 seconds), 10-15 seconds rest into

Shin Taps (35 seconds), 30 seconds rest

**Repeat x 2 (increase to 90 seconds rest after the 3<sup>rd</sup> set)**

Pullover (35 seconds), 10-15 seconds rest into

Front Squat (35 seconds), 30 seconds rest

**Repeat x 2 (increase to 90 seconds rest after the 3<sup>rd</sup> set)**

Donkey Kicks (35 seconds), 10-15 seconds rest into

Overhead Toe Touch (35 seconds), 30 seconds rest

**Repeat x 2 (increase to 90 seconds rest after the 3<sup>rd</sup> set)**

### Cool-Down (5 minutes)

Deep breathing to reduce the heart rate followed by static stretches, holding each stretch for 15-20 seconds.