

Resistance Workout 2

Equipment Needed

- Dumbbells
- Mat (optional)
- Stopwatch

Warm-Up (5 minutes)

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

Workout (25 minutes)

Shoulder Press (35 seconds), 10-15 seconds rest into

Prayer Squat with Knee Drive (35 seconds), 30 seconds rest

Repeat x 2 (increase to 90 seconds rest after the 3rd set)

Glute Bridge (35 seconds), 10-15 seconds rest into

Bicycle Crunch (35 seconds), 30 seconds rest

Repeat x 2 (increase to 90 seconds rest after the 3rd set)

Bent-Over Row (35 seconds), 10-15 seconds rest into

Reverse Lunge (35 seconds), 30 seconds rest

Repeat x 2 (increase to 90 seconds rest after the 3rd set)

Hammer Curl (35 seconds), 10-15 seconds rest into

Plank (35 seconds), 30 seconds rest

Repeat x 2 (increase to 90 seconds rest after the 3rd set)

Cool-Down (5 minutes)

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