

Resistance Workout 3

Equipment Needed

- Dumbbells
- Mat (optional)
- Stopwatch

Warm-Up (5 minutes)

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

Workout (20 minutes)

Front Squat (35 seconds), 25 seconds rest into

Isolation Lunge (35 seconds – left leg circuits 1 & 3, right leg circuits 2 & 4), 25 seconds rest into

Squat Clock (35 seconds), 25 seconds rest into

Side Leg Raises (35 seconds – left leg circuits 1 & 3, right leg circuits 2 & 4), 90 seconds rest

Repeat x 3 (4 circuits in total)

Finisher

20 bodyweight squats into

20 forward lunges (10 each leg) into

30 second squat hold

Cool-Down (5 minutes)

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