

“Jazzy Javorek” – AMRAP 10 Minutes

Equipment: 1 set of moderate/heavy weight dumbbells

Watch the accompanying video, I show a few reps of each of the movements below, in the order they're listed below.

Complete the following circuit as many times as possible in 10 minutes

- 6 DB deadlifts
- 6 DB bent-over row
- 6 DB upright row
- 6 front squats
- 6 push presses

Start your timer and complete as many rounds of the above circuit as possible in 10 minutes, using the same weight the whole time, and trying not to put the weights down until you complete the full circuit all the way through. Rest between circuits. If you have to rest, no problem, but do your best! Record your time, share your time on IG along with your daily photo.