

“Zero to 60” – for Time

Equipment: Set of moderate weight dumbbells

Watch the accompanying video, the movements in the video go in the same order as they are introduced below. Note for the pushups you can do them from your knees or toes. For the burpees, you can add a jump or just stand up.

Complete the following 1 time all the way through, record your time:

10 DB strict shoulder press

20 Pushups

30 DB thrusters

40 Squat jumps

50 DB push presses

60 Burpees

Complete the circuit once through for time (20 min time cap), and then share your time on Instagram, along with the weight you used and your daily photo