

FULL BODY

LEANREBOOT WORKOUT@LEANRESET.COM

1 2 3 4 5 6 7 **8** 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

WORKOUT NOTES: USE DUMBBELLS THAT ARE HEAVY ENOUGH TO CHALLENGE YOU, BUT LIGHT ENOUGH TO DO EACH REPETITION WITH GOOD FORM. SUGGESTED DUMBBELL SIZE IS 5-10LBS, OR LITER SIZED WATER BOTTLES. WEIGHTS CAN BE ADJUSTED THROUGHOUT THE WORKOUT AS NEEDED.

BEGINNERS - ONE ROUND

INTERMEDIATES - TWO ROUNDS

ADVANCED - THREE ROUNDS

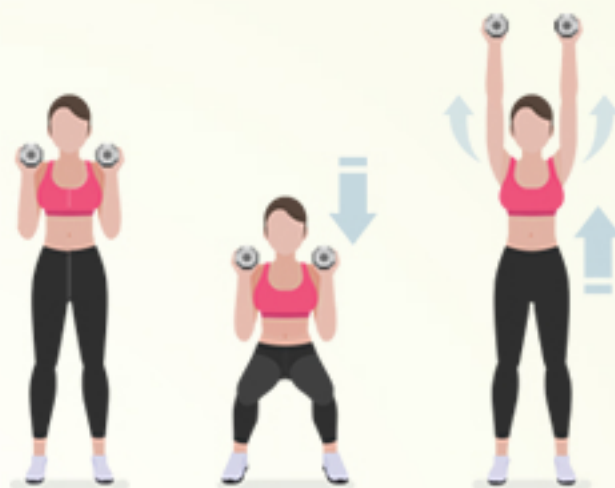
REST - 2 MINUTES

1



15 BURPEES

2



15 SQUAT PRESS

3



15 BURPEES

4



10 REVERSE LUNGE SHOULDER-PRESS RIGHT LEG
10 REVERSE LUNGE SHOULDER-PRESS LEFT LEG

5



15 BURPEES

6



15 WIDE SQUAT SHOULDER RAISE