



#TMB at HOME

WEEK 1 | WORKOUT 3 | ENDURANCE

The goal of this endurance workout is to find an intensity to hold throughout the workout. Your constant movement will help you to maintain a green and yellow Myzone zone.

Equipment needed: dumbbells, or similar household item

WARM UP | 3 MINUTES

Complete 2 rounds of 3 movements before resting and moving to Station 1.

- 30 sec reverse lunges
- 30 sec v ups
- 30 sec burpees

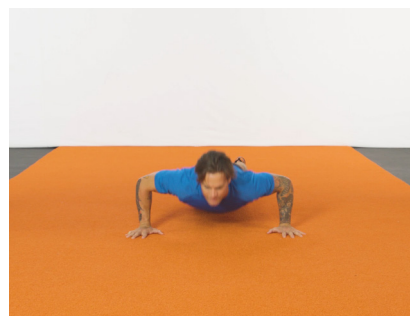
WORKOUT | 20 MINUTES

Move through stations 1-6. Rest for 1 minute. Do this 3 times in total.

STATION 1

- 30 sec plyometric push up
- 30 sec *active recovery*: plank hold

Move to Station 2.



STATION 2

- 30 sec dumbbell thruster
- 30 sec *active recovery*: plank hold

Move to Station 3.



STATION 3

- 30 sec piked toe touch
- 30 sec *active recovery*: plank hold

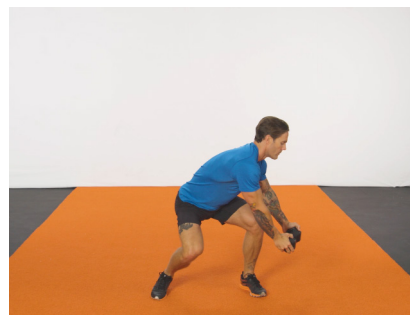
Move to Station 4.



STATION 4

- 30 sec dumbbell wood chop
- 30 sec *active recovery*: plank hold

Move to Station 5.



STATION 5

- 30 sec dumbbell curl hold
- 30 sec *active recovery*: plank hold

Move to Station 6.



STATION 6

- 30 sec lateral leg lever over dumbbell
- 30 sec *active recovery*: plank hold

After your first and second circuits, take a 1 minute break and begin back at Station 1.

After completing 3 full circuits, move to Cool Down.



COOL DOWN | 3 MINUTES

Complete 2 rounds of 3 movements.

- 30 sec seated spinal stretch
- 30 sec upward facing dog
- 30 sec child's pose

