



#TMB at HOME

WEEK 2 | 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 yellow and green 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 scissors
- 30 sec jumping jacks
- 30 sec high knees

WORKOUT | 20 MINUTES

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

STATION 1

- 30 sec dumbbell high pull
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 2.



STATION 2

- 30 sec plank walk out push up
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 3.



STATION 3

- 30 sec dumbbell floor press
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 4.



STATION 4

- 30 sec dumbbell russian twists
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 5.



STATION 5

- 30 sec dumbbell squats
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 6.



STATION 6

- 30 sec planked reach up and over
- 30 sec *active recovery*: 3 burpees; rest remainder of time

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 pidgeon stretch
- 30 sec shoulder stretch
- 30 sec overhead tricep stretch