



#TMB at HOME

WEEK 2 | WORKOUT 4 | STRENGTH

The goal of this strength workout is to focus on form and technique. Use challenging weights and slow down the tempo of each movement to maximize strength benefits. Expect to maintain a blue 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 planked hip tap
- 30 sec jumping jacks
- 30 sec superman

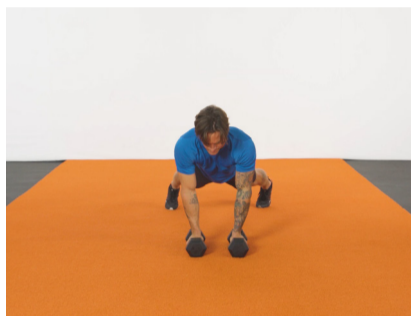
WORKOUT | 25 MINUTES

Do 4 rounds at each station before moving onto the next. Complete the entire circuit twice.

STATION 1

- 20 sec renegade rows
- 10 sec rest

Complete 4 rounds at Station 1 before moving on to Station 2.



STATION 2

- 20 sec dumbbell goblet squat with high knees
- 10 sec rest

Complete 4 rounds at Station 2 before moving on to Station 3.



STATION 3

- 20 sec sprinter sit ups
- 10 sec rest

Complete 4 rounds at Station 3 before moving on to Station 4.



STATION 4

- 20 sec dumbbell bent over rows
- 10 sec rest

Complete 4 rounds at Station 4 before moving on to Station 5.



STATION 5

- 20 sec mountain climbers
- 10 sec rest

Complete 4 rounds at Station 5 before moving on to Station 6.



STATION 6

- 20 sec dumbbell squats
- 10 sec rest

After your first circuit, take a 30 second break and begin back at Station 1.

After completing 2 full circuits, move to Cool Down.



COOL DOWN | 3 MINUTES

Complete 2 rounds of all 3 movements.

- 30 sec butterfly stretch
- 30 sec seated side bend
- 30 sec shoulder stretch

