

30-minute Blast Workout

Workout of the month: January

For this 30-minute workout, you will do the following exercises— 30 seconds each, rest for 15 seconds before each round, 3 rounds total

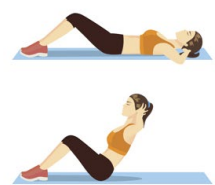
Warm-up

1. Toe Touch Crunch
2. Full Sit Up
3. Leg Raise
4. In + Out Crunch

1



2



3



4



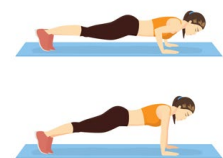
Round 1

1. Dumbbell Row (2) + Deadlift
2. Push Ups
3. Jump Squats
4. Plank Row

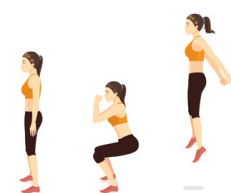
1



2



3



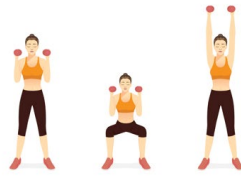
4



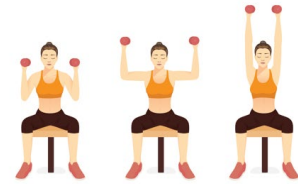
Round 2

1. Dumbbell Squat (2) + Press
2. Dumbbell Chest Press
3. Mountain Climbers
4. Triceps Kickback

1



2



3



4



Round 3

1. Floor Touch Jumps
2. Plank Hops/Steps
3. Plank

1



2



3

