

Morning Workouts

Necessary Equipment

1. Dumbbells
2. Suspension Trainer
3. Slam Ball

Workout 1 - Dumbbells

Round 1 - Twice Through	<i>Warmup - Run in Place</i>
Jumping Jacks	30 sec
Dumbbell Squat to Shoulder Press	30 sec
Dumbbell Tricep Kickback	30 sec
Dumbbell Renegade Row	30 sec
Round 2 - Twice Through	<i>Drink Break</i>
Dumbbell Alternating Reverse Lunge	30 sec
Dumbbell Bicep Curl	30 sec
Dumbbell Lying Down Reverse Fly	30 sec
Jumping Jacks	30 sec

Workout 2 - Suspension Trainer

Round 1 - Twice Through	<i>Warmup - Run in Place</i>
Jumping Jacks	30 sec
Suspension Right Leg Squat	30 sec
Suspension Left Leg Squat	30 sec
Suspension High Row	30 sec
Round 2 - Twice Through	<i>Drink Break</i>
Suspension Hamstring Curl	30 sec
Suspension Atomic Push Up	30 sec
Suspension Bicep Curl	30 sec
Suspension Mountain Climber	30 sec

Workout 3 - Slam Ball

Round 1 - Twice Through	<i>Warmup - Run in Place</i>
Jumping Jacks	30 sec
Squat, Shoulder Press, Slam	30 sec
Pushup jacks	30 sec
Sit ups	30 sec
Round 2 - Twice Through	<i>Drink Break</i>
Squat, Shoulder Press, Slam	30 sec
Walking Pushup	30 sec
Wall Squat + Ball Side to Side	30 sec
Mountain Climbers	30 sec