



25 Minute Total Body Strength Workout

We are going to tone and tighten your whole body with this 25-minute quickie

What you will need:

- Set of hand weights + mini band

Warm-Up:

- 10 jacks + 3 Plank Walk Outs + 5 Push Ups
Repeat 5 x

Workout:

- 2 Strength circuits 45 on 15 off x 2

Circuit 1

- **Single Arm Back Row to Shoulder Press Right** – Bring your left leg in front and come into a light lunge. Weight is in the right hand. Roll the shoulders back and pull your belly button in tight. Hinge forward at the hips bringing your chest towards the floor. Now pull your elbow towards the sky to perform a back row. Now straighten that left leg and stand tall while pressing the dumbbell up over your head.
- **Weighted Front Squat** – Keep your weight in your heels to take the pressure of your knees. Perform a classic squat while holding a dumbbell at your chest.
- **Single Arm Back Row to Shoulder Press Left**

Repeat

TWO MINUTE CARDIO BURST

Circuit 2

- **Alternating Forward Shoulder Raise to Lateral Raise** – Perform a classic forward shoulder raise, at the top bring the arms out wide so you are creating a T. Return back to centre, and lower back down to the starting position.
- **Mini Band Side Steps** – Throw the mini band around your ankles or thighs. The lower you sink the more you feel it in the quads. Simple step side to side. Focusing on the booty and inner thighs.
- **Bicep Curls and Shoulder Press**– you know the drill girls, grab a set of weights and start curling. Keep your elbows locked in at your side, your shoulders back and the weight in your feet disrupted evenly. Complete 3 reps of curls and then perform 4 reps of shoulder press
- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant