



#TMB at HOME

WEEK 1 | 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 dead bug reach
- 30 sec jumping jacks
- 30 sec high knees

WORKOUT | 25 MINUTES

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

STATION 1

- 20 sec dumbbell punch
- 10 sec rest

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



STATION 2

- 20 sec dumbbell deadlift
- 10 sec rest

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



STATION 3

- 20 sec dumbbell russian twist
- 10 sec rest

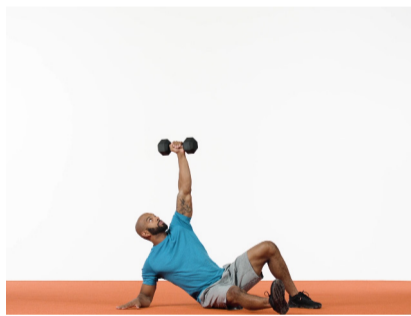
Complete 4 rounds at Station 3 before moving on to Station 4.



STATION 4

- 20 sec dumbbell turkish getup (rotate sides per round)
- 10 sec rest

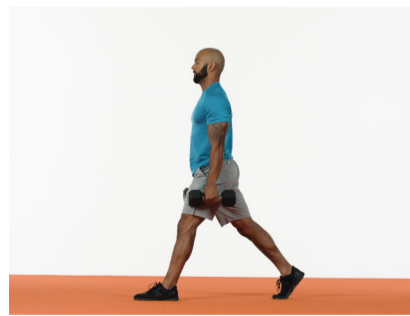
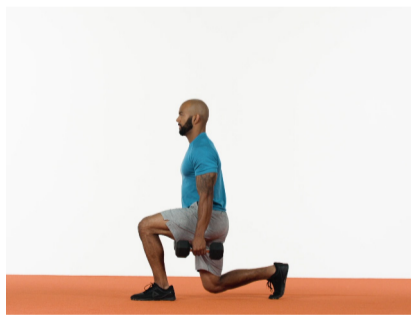
Complete 4 rounds at Station 4 before moving on to Station 5.



STATION 5

- 20 sec dumbbell split squat
- 10 sec rest

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



STATION 6

- 20 sec dumbbell flutter kicks
- 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 iron cross
- 30 sec cat cow
- 30 sec child's pose