

UFIT Workout 8

Metabolic Blast

You will need a set of weights for this workout or something to create resistance such as a couple soup cans or water bottles, etc.

Beginner: 30 seconds work/15 seconds rest

Advanced: 45 second work/15 seconds rest

Squat with shoulder press

High plank with alternating row

Alternating reverse lunge with bicep curl

Curtsey squat with side raise

Hip Bridge with chest press

Sumo squat with lateral raise

Tricep Dip to crab reach (hand to opposite foot)

Inchworm push ups

Repeat 5X

Rest 1-2 minute between each round