

UFIT Workout 11

FULL BODY DUMBBELL COMBO STRENGTH WORKOUT

1 minute on each move
Repeat 2X through

Set 1:

High pulls

Squat tap weights down to stand

Squat tap weights down to high
pull

Set 2:

Swing squat

Overhead tricep extension

Swing squat to OH tricep
extension

Set 3:

Sumo squats

Lateral raises

Sumo squat with lateral raise

Set 4:

Backward stepping lunges

Front raises

Backward stepping lunge with
front raise swing

Set 5:

Squat with weights racked

Shoulder push press

Squat to shoulder push press

Set 6:

Deadlift

Upright row with calf raise

Deadlift to upright row calf raise

Set 7:

Plank Row

Burpee

Plank row to burpee

Set 8:

Side raise

Curtsey squat

Side raise with Curtsey squat

