

Full Body Dumbbell Workout

• BREATHWORK & CENTERING

• WARM UP

• STRENGTH PART

• FUNCTIONAL HIT

• COOL DOWN

• MEDITATION/SAVASANA



• **Breathwork & Centering (ca. 3-5min)**

- Intention Setting + Body Scan
- Box-Breath

• **Warm Up (ca. 10min)**

- Cat Cows
- Down Dog to Upward Waves
- World's Greatest Stretch + Hamstring Stretch
- Inch Worms (+Push Ups)
- Alternating Front Lunges + Twist
- Core Activation - 3-legged Dog Flow

• **Strength Part (3-5 sets/8-10 reps)**

- Single leg RDL to single arm over head press
- Alternating Renegade Rows
- Sumo Squat Biceps Curl
- Single Arm reverse Overhead Lunge with knee drive

• **Functional HIT (AMRAP 8)**

- Burpees 10x (option for half Burpees)
- Plank Shoulder Taps 10x/each arm
- Twist Squat Jumps 10x
- Russian Twists 10x

• **Cool Down (ca. 5min)**

- Windshield wipers to Lying twist
- Kneeling Low Lunge Stretch + Quad Stretch
- Lying Hamstring Stretch
- Pigeon Pose

• **Savasana/Meditation**

- Either do a meditation or just take some quiet time → do another body scan
- Set an intention for the rest of the day