





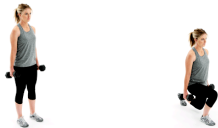



Dumbbells & Kettlebells

- Changing up your workout and incorporating a variety of equipment can help progress your training program and keep things fun and entertaining! Kettlebells and dumbbells are two great options to easily incorporate into your workouts.

| Circuit | Exercise | | Reps | Sets | Rest |
|-------------|----------------------|---|--------|------|--------|
| A | KB Goblet Squat |  | 60 sec | 2 | 30 sec |
| | KB Overhead Press |  | 60 sec | 2 | 30 sec |
| Rest 60 sec | | | | | |
| B | DB Bicep Curls |  | 60 sec | 2 | 30 sec |
| | DB Row |  | 60 sec | 2 | 30 sec |
| Rest 60 sec | | | | | |
| C | KB Deadlift |  | 60 sec | 2 | 30 sec |
| | KB Russian Twist |  | 60 sec | 2 | 30 sec |
| Rest 60 sec | | | | | |
| D | DB Forward Lunge |  | 60 sec | 2 | 30 sec |
| | DB Weighted Step Ups |  | 60 sec | 2 | 30 sec |

- Having a few kettlebells and/or dumbbells at home can provide tools for a quick & efficient workout. Check out the variety of options in the Life Time online store at <https://shop.lifetime.life/>