

AMANDA LATONA'S TIMESAIVING HOLIDAY WORKOUT

Equipment needed for circuit: barbell, dumbbells, bench, stability ball

EXERCISE	REPS
SET 1: REPEAT 3 TIMES	
BARBELL SQUATS	20 REPS
DUMBBELL STEP-UPS WITH KICKBACKS	15, EACH LEG
DUMBBELL STIFF-LEG DEADLIFTS	20 REPS
JUMP LUNGES	20, EACH LEG
SET 2: REPEAT 3 TIMES	
DUMBBELL SHOULDER PRESSES	20 REPS
BARBELL BENT-OVER ROWS	20 REPS
DUMBBELL PUSH-UPS WITH ROWS	20 REPS
SET 3: REPEAT 3 TIMES	
PLYO SPEED SKATERS	15, EACH LEG
STABILITY BALL CRUNCHES	20 REPS
BICYCLE CRUNCHES	20 REPS