

CHI WORKOUT

HOME WORKOUTS – Full Body at Home (dumbbells) with Sam

Complete 1 round of each Circuit

Circuit 1

Up & down stairs 5 times
50 Squats
40 Jumping Jacks
30 Tricep dips or DB OH Tricep Extensions
20 Push-ups
10 Burpees

Circuit 2

Up and down stairs 4x
50 Pliee Squats
40 Skaters (total)
30 DB Bicep Curls
20 Leg Raises
10 Burpees

Circuit 3

Up and down stairs 3x
50 Alt. Lunges (total)
40 Front Kicks (total)
30 DB Shoulder Press
20 Plank Shoulder Taps
10 Burpees

Circuit 4

Up and down stairs 2x
50 In/Out Squats
40 Side Leg Raises
30 DB Chest Press
20 Crunches
10 Burpees

Circuit 5

Up and down stairs 1x
50 DB Deadlifts
40 Mt. Climbers (total)
30 DB "L" Raises (total)
(lateral and front raises)
20 Push-Ups
10 Burpees



DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.