## **CHI WORKOUT**

## HOME WORKOUTS – Full Body (Dumbbell ONLY) with Kacee

## Complete 4 Rounds of 12 repetitions for each exercise

**DB Floor Press** 

DB Renegade Row (6 each arm)

**DB Thrusters** 

**DB Alt Hammer Curl** 

**DB Triceps Extension** 

Goblet squat

DB Alt. Lunge

