

ADVANCED FREE WEIGHT WORKOUT



GOAL = Complete 1-2 SETS

- **10 | Squat Thrusts or Burpees**
- **20 | Push-Ups (modified on knees, regular, or feet elevated on bench/couch)**
- **30 | Goblet Squats (hold dumbbell at chest)**
- **40* | Dumbbell or Band Curls (20 each arm)**
- **50 | Bench Dips (knees bent, straight, or elevated)**
- **60 | Dumbbell Deadlifts or Single Leg Bridges**
- **70 | Dumbbell or Band Squat & Should Press**
- **80* | Russian Twist (40 each side with ball)**
- **90* | Walking Lunges (45 each leg)**
- **100* | V-Ups (both legs or alternating)**

***For more challenge, complete the total number of reps each side instead of splitting reps in half.**