

Let's get unstuck workout:
Grab Dumbbells, a mat and your timer
Cardio of some sort 10-20 mins

Round 1:

30 sec each move 3 times through

- **Jump Jacks**
- **Air squats**
- **Jump rope**

Round 2:

Tabata Style: 20 sec on/10 sec rest 8 rounds

- **Squat and Shoulder Press with Dumbbells**
- **Push ups**

Round 3:

30 sec each move 3 times through

- **Lunge with a bicep curl**
- **Lateral arm raises**
- **Triceps Kick back (extensions)**

Round 4:

Tabata Style:

- **1st 4 rounds: Butterfly sit ups**
- **2nd 4 rounds: Leg Raises**

Round 5:

30 sec each move 3 times through

- **Skaters**
- **Mountain Climbers OR plank hold**
- **Jog in place (high knee to your comfort zone)**