

# **FULL BODY DB BLASTER**

**:30 Seconds On :30 Seconds Off**

**Three Rounds**

**DB Goblet Jumps/Squat Jumps**

**Renegade Rows**

**DB SL RDL (:30 Each Leg)**

**DB Bicep Curl**

**DB Split Squat**

**DB Tricep Kick Back**