

30-Minutes to Fitness
Kelly Coffey Meyer
Plateau Buster

Date: _____

Notes: _____

(12 reps of all db exercises, two rotations)

Workout #1	Workout #2
Heavy dbs/ Squat out with press (For those with shoulder issues: use light dbs) Step front & reverse fly	Heavy dbs/ Squat with single front raise lift Side lunge stance: single rows (I suggest one heavier db for this if possible)
No dbs/ Jumps & jacks	No dbs/ Pendulum knee pops & pendulums
Heavy dbs/ Side lunge with lateral raise (For those with shoulder issues: use light dbs) Squat with bicep curl at bottom	Heavy dbs/ Hip drop into hi pull Rev lunge, pause & bicep curl
No dbs/ Toe tap/ Jump & repeater knee	No dbs/ Split switches & ski jogs
Light dbs/ Lunge front & push db front	Light dbs/ Step out and alternate dbs front 3
Might want to use only 1 db/ Stir the pot	Put one db down/ Shake the paint