

30-Minutes to Fitness
Kelly Coffey Meyer
Muscle Up/Lift 2B Fit

Date: _____

Notes: _____

***Have your dumbbells handy to work through supersets smoothly**

Workout #1	Workout #2
Chest/Back:	Legs:
Rows Bench Press ----- repeat superset 2 more times	Sumo Squats Bridges ----- repeat
Lawnmowers Flys ----- repeat superset 2 more times	Lunges Stiff-leg Deadlift ----- repeat
Pullovers Push ups ----- repeat superset	Curtsy Squats Praying Frog Squats ----- repeat
Shoulders/Core:	Arms:
Arnold Presses Crunches ----- repeat superset	Flip Curls Skull Crushers ----- repeat
Lateral Raises Boxer Toe Touches ----- repeat superset	Side Curls Overhead Tricep Extension ----- repeat
Bent Over Lateral Raises Superman ----- repeat superset	Hammer Curls Kickbacks ----- repeat