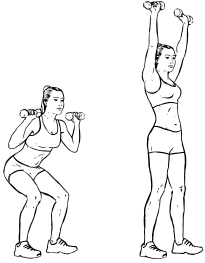


Full Body Fitness

Legs, Shoulders

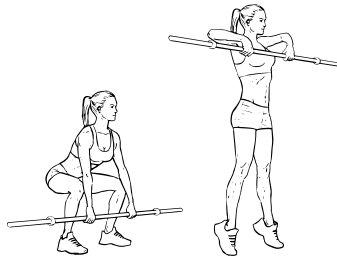
Use dumbbell unless you have access to kettlebells. (Barbell High Pulls should be single arm dumbbell pulls, perform 1 set on one arm are then on the other arm. Workout is 3-5 rds with either 2 ways to perform - 20 reps or 1 min duration of each exercise.

Dumbbell Squat Thrusters / Squat to Overhead Press



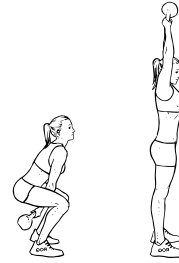
Full Squat then press overhead

Barbell High Pulls



Perform with a dumbbell instead of a barbell. Use 1 arm first then the other second.

Two-Arm Kettlebell Squat Swings



Perform with dumbbells instead of kettlebells.

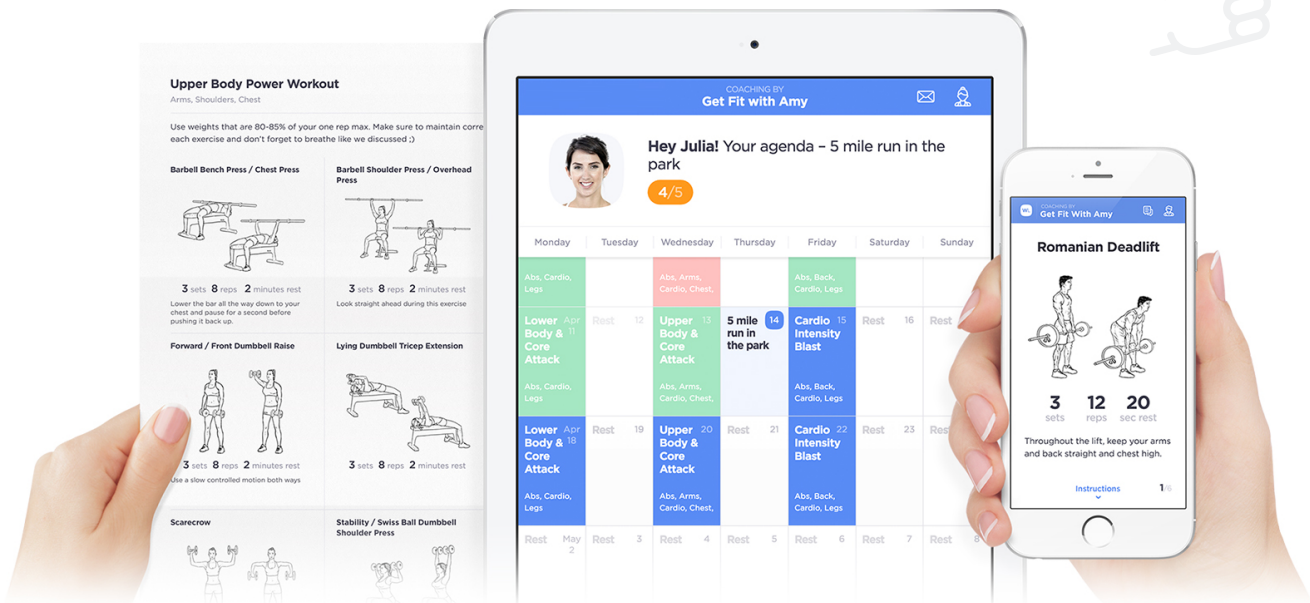


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