

The LEANLIFE

with Keri Mantie

April 2015 Workout #1
Full Body DB (or BB) complex

What you need: 1 moderate to heavy set of db's or barbell

Exercise	Weight	Reps
Front Squats	Moderate Weight	10
High Pull		10
RDL		10
Bent over row		10
Alternating Lateral Lunge		10ea
Pushups		10
Jump Squats		10

*Complete as many rounds as you can (with good form) in 20 minutes or 4-5 rounds.
Rest as needed.

*Be sure to track your rounds and your weight.