

WORKOUT SIXTEEN

full body

Date: ___/___/___

1. Warm-up: (20 High-Knees, 5 Push-ups, 5 Body Weight Squats and 5 Sit-ups)
2. How many times can you complete this circuit in 5 minutes? Rounds _____
 - a) 20 Toe Taps
 - b) 10 Burpees
 - c) 20 Mountain Climbers
3. How much time does it take you to do 30 Squats? (Dumbbell Weight _____) Time _____
4. How many times can you complete this circuit in 4 minutes? Rounds _____
 - d) 20 Toe Taps
 - e) 10 Burpees
 - f) 20 Mountain Climbers
5. How long does it take to complete 30 D.B. Rows? (Dumbbell Weight _____) Time _____
6. How long does it take you to complete 30 incline Chest Presses? (Dumbbell Weight _____) Time _____
7. How many times can you complete this circuit in 3 minutes? Rounds _____
 - g) 20 Toe Taps
 - h) 10 Burpees
 - i) 20 Mountain Climbers
8. How long does it take you to do 30 Dumbbell Shoulder Presses? (Dumbbell Weight _____) Time _____
9. How long does it take you to do 30 Dumbbell Tricep Kick Backs? (Dumbbell Weight _____) Time _____
10. How long does it take you to do 30 Bicep Curls? (Dumbbell Weight _____) Time _____
11. How many times can you complete this circuit in 2 minutes? Rounds _____
 - j) 20 Toe Taps
 - k) 10 Burpees
 - l) 20 Mountain Climbers
12. How long does it take you to do 30 Floor Sit-ups or Crunches? (No Weights) Time _____
13. Stretching:
 - a. Quad Stretch 1 Minute (30 seconds each leg)
 - b. Back Stretch 1 Minute
 - c. Chest Stretch 1 Minute
 - d. Hamstring Stretch 1 Minute (30 seconds each leg)

Total Workout Time _____ Total Calories Burned (optional) _____