Weighted work out

This is if you have access to weights or a gym.

1.Warm up- elliptical machine 7 min. if no machine jump rope for 2 min.

2. 30 burpees

3. rest 1 minute

4. Use a kettle bell or Dumbell the weight should be heavy enough that you struggle to lift it over your head.

You are going to hold the kettle bell or weight to your chest and squat 5 reps., 7 pushups, 9 dumbell over head presses( both hands) 5 min, AMRAP.

Rest 2 minutes, do it all again.

Rest 3 min.

30 burpees.