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DIRTY 30

Cheat Sheet

3 Min Warm Up

Jogging
Jumping Jacks
Windmills Front

Windmills Back
Over the Tops Right
Over the Tops Left
Toe Touches

4 Rounds

Round One:
Alternating Side Lunges (Heavy Weights)
Renegade Rows (Single Heavy Weight)

Round Two:
Sumo Squats (Light Weights)
Chest Fly with Leg Raise (Heavy Weights)

2 Moves
1 Min Each
2 Times Thru

Round Three:
Squat with Lateral Raise (Light Weights)
Tricep Kickback (Heavy Weights)

Round Four:
Side Plank Raise
Side Bend (Heavy Weights)

3 Min Cool Down

Childs Pose
Hands Walk to the Right / to the Left
Toe Touching
Pull Feet Together Butterfly Stretch

Legs Out Wide Middle Stretch / Left / Right
Shoulder Stretch Across Right / Across Left
Standing Stretch Right Foot Up / Left Foot Up