



JILL'S 3-DAY FULL BODY BURNOUT WITH BANDS

3 full body workouts using resistance bands and dumbbells to burn every major muscle group in only 20 minutes!

FULL BODY BANDED WORKOUT WITH ABS #1: 20 MINUTE WORKOUT

(30 seconds each exercise / 3 rounds)

- 2 minute warm-up
- Circuit #1
 - Shoulder presses
 - Good mornings
 - Stationary lunges -right
 - Stationary lunges -left
- Circuit #2
 - Shoulder presses
 - Good mornings
 - Stationary lunges -right
 - Stationary lunges -left
- AB BURNOUT
 - Russian twists
 - Reach throughs

FULL BODY BANDED WORKOUT WITH CARDIO BURNOUT #2: 20 MINUTE WORKOUT

(30 seconds each exercise / 3 rounds)

- 2 minute warm-up
- Circuit #1
 - Goblet squats
 - Front raises
 - 1 1/2 single arm bicep curls (right)
 - 1 1/2 single arm bicep curls (left)
- Circuit #2
 - Alternating single arm rows
 - Deadlifts
 - Shoulder shrugs
 - Upright rows
- CARDIO BURNOUT
 - Switch jacks
 - In & out shuffles

FULL BODY BANDED WORKOUT WITH DUMBBELLS #3: 20 MINUTE WORKOUT

(30 seconds each exercise / 30 second rest after each super set / 3 rounds)

- 2 minute warm-up
- SUPER SET #1
 - Dumbbell Romanian Deadlift
 - Banded Sumo Squat Pulses
- SUPER SET #2
 - Dumbbell Reverse-grip Rows
 - Banded Biceps Curls
- SUPER SET #3
 - Dumbbell Lateral Raises
 - Banded Upright Rows
- SUPER SET #4
 - Dumbbell Triceps Kick-backs
 - Banded Triceps Extensions

