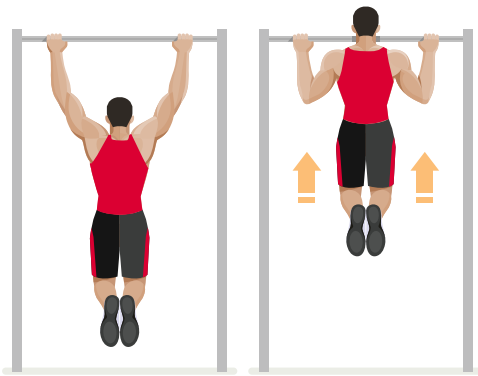


10 EXERCISES IN 10 MINUTES

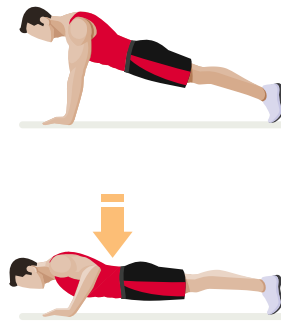
50 SECONDS WORK/ 10 SECONDS REST
REPEAT 3X FOR A 30 MINUTE WORKOUT

Always get a doctors permission before starting any exercise routine.

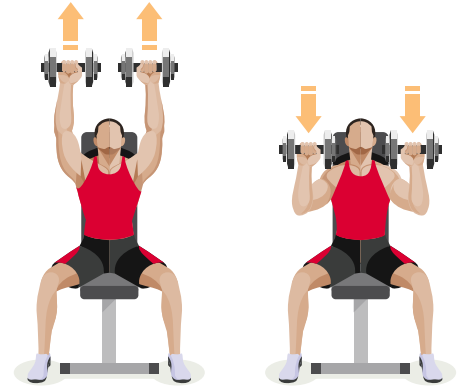
Don't have a set of dumbbells? You can try using a pair of milk or water jugs as well! A gallon jug of water weighs about 8 lbs when filled up, and you can of course fill up less to suit your needs!



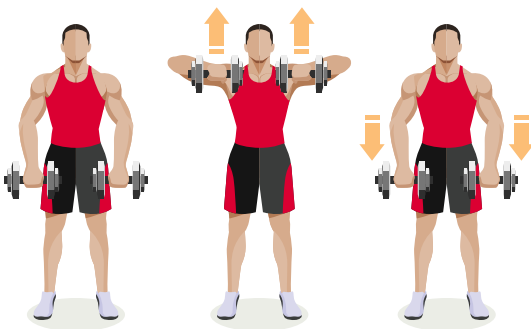
1. Pull Ups



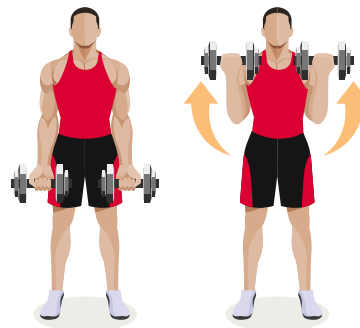
2. Push Ups



3. Seated Dumbbell Shoulder Press



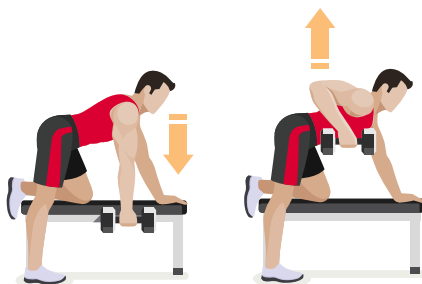
4. Dumbbell High Pull



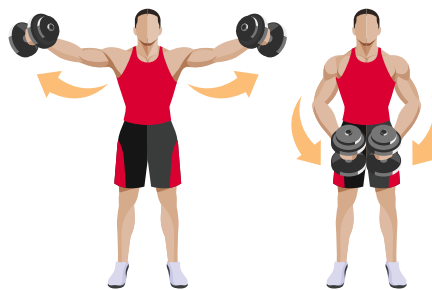
5. Dumbbell Bicep Curl



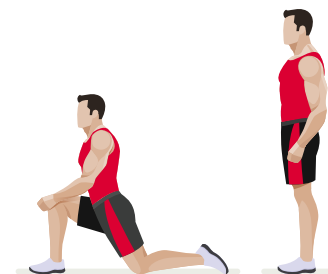
6. Behind the Head Triceps Extension



7. Single Arm Dumbbell Row



8. Dumbbell Lateral Raise



9. Walking Lunges



10. Glute Bridge

SlimFast