

Firecracker Five

Equipment: dumbbells or kettlebells, TRX straps



Aim to move continuously from one exercise to the next, resting as needed. Rest for 60-90 seconds at the end of each round.

Complete three to six rounds, based on the time you have available and your energy level for the day.

Exercises	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A1: Dumbbell Reverse Lunge — 8 reps per side, alternate legs						
A2: One-Arm Kettlebell Press — 8 reps per side						
A3: Kettlebell Deadlift — 8 reps						
A4: TRX Inverted Row — 8 reps						
A5: Hollow Body Hold "Reps" — 8 reps, 3-second leg lowering						
Notes:						