

the grinder workout

This is a big circuit, but you only need a few bits of equipment. Grab a box or step, a pair of medium dumbbells (for the clusters) and a pair of heavy dumbbells (for the alternating lunges). Either watch the clock, or set a timer for 20 minutes and get right into it! Perform all of the moves as fast as you can, as many times through as possible, maintaining good form throughout.

20 box jumps

15 dumbbell clusters (medium dumbbells)

12 lateral hop-over burpees

20 alternating lunges (heavy dumbbells in hands)

15 squat jumps (bodyweight)

12 goblet squats (single heavy dumbbell)

repeat as many times as possible in 20 mins, then
stretch, recover, rehydrate!