

# the 3x3 total body blitz workout

Instructions for this are simple: complete the 3-move circuit below 3x through, as fast as you can. Rest only for quick water breaks if needed, and think about core engagement the entire time as you'll need this for stability in all exercises.

Equipment-wise, you'll need a pair of dumbbells (around 15lbs should be plenty), a slam ball or sand-filled ball (around 14lbs), and a heavy plate or weight to carry overhead.

**3 rounds as fast as you can for time:**

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**10 jumping dumbbell burpees with  
renegade rows + 1 push up in each rep**

**16 wall balls**

**20 walking lunges with plate overhead**

repeat for total of 3 rounds, resting only as needed