Home Workout with Dumbells and JumpRope (or Jax)

Repeat 4 Rounds!

100 Jump Rope (or 20 Jax)

20 Walking lunges with a Bicep Curl (or Reverse lunge Curl)

10 Squat Shoulder Press

10 Balancing Tricep overhead extension (1 knee up)

12 Chest Fly Leg Raise (core plus chest)

30 second low plank (or low plank heel raises for set of 20)