

# 6 Week Transformation



## Workout 4

### Dumbbells Total Body Power

You need medium to heavier dumbbells based on your all-out max. You should be able to push out 10 repetitions and be struggling by repetition 13. This is **CHALLENGING!!!**

### Workout 1x a week; 2 sets of each

Name	Reps/Minute
Total Body Row and Squat	10-15 reps
Legs hammy pull throughs	10-15 reps
Core hollow hold chest press	10-15 reps
Back Renegade Row with Pushup	10-15 reps
Legs weighted lunge to jump lunge	10-15 reps
Shoulder Bicep Curl to Arnold	10-15 reps
Total Body Power Ups	10-15 reps
Total Body Swing to Power Lift	10-15 reps
Total Body Squat To Press	10-15 reps